



FAQs to get to know us

What is Hello Heart?

The Hello Heart app lets you **track multiple health stats** and easily manage your heart health all in one place. The Hello Heart program is offered **at no cost** to eligible members and includes a free Hello Heart monitor that pairs directly with your smartphone.

What's great about Hello Heart?

The Hello Heart app is easy to use, personalized, and fun. Hello Heart takes your privacy very seriously and there are controls in place to make sure **your data is protected**. You can share your info if you want, or not. Either way, you can use the app to access your health data whenever you need it.

What do you get with Hello Heart?

- **Hello Heart monitor** that is free, FDA-cleared and easily connects to your phone
- **Tracking technology** for blood pressure, cholesterol, medication, and more
- **Clear explanations** of what your numbers mean
- **Personalized tips** that make it simple to maintain a healthy heart
- **Progress reports** that are easy to review or share with your physician
- **Support team** available to answer any questions via phone or email

Hi, I'm FREE

It's easy to enroll and get started.

Sign up today to receive a free heart monitor that connects to a personalized app on your smartphone.

[Sign up for free](#)



Take control of your health with Hello Heart

Sign up today to receive a free heart monitor that connects to a personalized app on your smart phone.

Sign up for free



All the cool stuff you'll love:

Hello Heart monitor

Free Hello Heart monitor that easily connects to your phone

Track your heart trends

Blood pressure, cholesterol, medications, and more

Clear explanations

Understand what your numbers mean

Personalized tips

Easy-to-apply tips for maintaining a healthy heart

Share with your doctor

All your heart readings and trends in one easy-to-understand report