



# Hello Heart FAQs

## What is Hello Heart?

The Hello Heart app lets you track your blood pressure and easily manage your heart health all in one place.

This benefit 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?

Along with blood pressure, you can also track cholesterol, weight, and activity to better understand how daily habits may affect your heart health. Plus, you can choose to share private reports with your doctor.

## What do you get with Hello Heart?

- **A free Hello Heart blood pressure monitor** that is FDA-cleared and easily connects to your phone.
- **An app to help you track** 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.
- **Assistance from our support team** via phone or email.

Click here to get started for free.

Get started today

You can also visit [join.helloheart.com](https://join.helloheart.com) and enter **NOV** to create an account.



All active employees and dependents 18+ enrolled in an NOV healthcare plan with blood pressure 140/90 or higher, on medication for high blood pressure or cholesterol, or women 52+ or in menopause are eligible to enroll.

Hello Heart is not a substitute for a licensed medical professional. Talk to your doctor to make sure you are diagnosed and treated properly.

Need help? ✉ [support@helloheart.com](mailto:support@helloheart.com) 📞 (800) 767-3471 Monday-Friday, 8am-8pm ET