Lawrence Livermore National Laboratory

Hello Heart

Claim your free heart health benefit.

Get a free blood pressure monitor, personalized coaching, detailed reports, and tools to track your heart health, activity, medication, and more—all in one place.

It’s quick & easy to get started.

Scan the QR code or visit **join.helloheart.com** and enter **LLNL.**

Fully sponsored by Lawrence Livermore for all members, spouses, and adult dependents (18+) covered by CVS Caremark with blood pressure readings of 130/80 mmHg or above, those taking medication for high blood pressure or high cholesterol, or women ages 52+ or women who are going through or have gone through menopause. Each eligible family member should enroll separately.

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 18007673471 Monday-Friday, 8am-8pm ET