

# Hello Heart FAQs

## What is Hello Heart?

The Hello Heart app helps you track your blood pressure and easily manage your heart health all in one place. This benefit includes a Hello Heart blood pressure monitor that pairs directly with your smartphone.

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 detailed, private reports with your doctor.

## Who's eligible to enroll?

Eligible members include employees and adult dependents (18+) who are covered by a UT SELECT medical plan and meet at least one of the following criteria:

- Have blood pressure readings of 130/80 mmHg or higher, or
- Take blood pressure medication



## What do you get with Hello Heart?

- ✓ **A 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.

## Coming soon on 9/1/2026.

Sign up to be notified when Hello Heart becomes available to you.

