

Heart Health

Hello Heart empowers people to understand and improve their heart health using technology and behavioral science. Hello Heart’s coaching app provides wellness tips that may help reduce the risk of hypertension. Making small changes and forming healthier habits can reduce blood pressure, which can reduce their risk for chronic disease and death.

It’s time to take action on hypertension

High blood pressure is known as the “silent killer” but it’s also the silent cost driver. Now is the time to empower your members to take control of their heart health with the only digital therapeutic focused exclusively on the heart

Program features:

- Hello Heart’s smartphone user experience provides a holistic view of the user’s health and drives behavior change to prevent serious health risks in time
- Personalized digital program and wireless blood pressure monitor solution that is 2x as effective as other digital health solutions .
- Medication adherence algorithms that remind users to stay on track of their medications
- Alerts for critical readings such as if blood pressure is trending too high, communicates heart-related concerns to users
- Clinically-based, digital coaching reinforces positive behavior change



20%

Enrollment rates after the first year

\$2,000

Reduction in total medical costs per participant in year 1

2x

Greater improvement than other digital heart solutions