

Take control of your health with Hello Heart



Looking for an easy way to improve your heart health?

Sign up for Hello Heart. It's **FREE**.

Hello Heart is a **NEW**, no-cost program available to Maricopa County employees who have high blood pressure or are taking blood pressure medication. The easy-to-use Hello Heart app helps you track, manage and improve your heart health from the privacy and convenience of your smartphone.

Sign up for Hello Heart today and receive a free blood pressure cuff to connect to the Hello Heart app, so you can easily track and understand your blood pressure.

Even better, use the Hello Heart app to track your blood pressure for 10 days by November 30, 2024, and earn credit for one "Your Choice" activity!

Questions? Email wellness@maricopa.gov.

Get Started Now!

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



For help with enrolling or technical issues, contact Hello Heart by emailing support@helloheart.com or (800) 767-3471. Hello Heart support hours are Monday - Friday, 8am - 8pm EST. You are encouraged to participate on non-paid time and coordinate coverage, as necessary, with your supervisor.

