Take advantage of your heart health benefit.

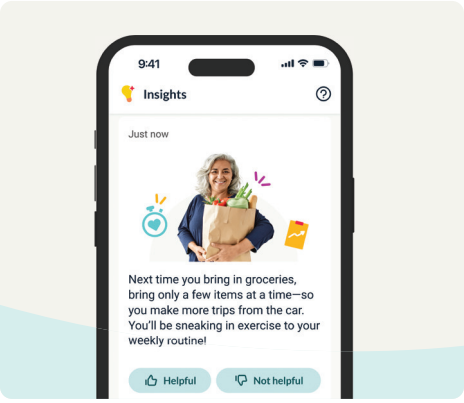
Track the impact of your everyday choices with Hello Heart.

Hello Heart is the first app that helps you manage your heart health and get real-time tips.

With the Hello Heart app, you can:



Track your blood pressure with a **free monitor.**



Get insights by tracking your cholesterol, medication, and activity.



Share private reports with your doctor.

Sign up to get the free Hello Heart app and blood pressure monitor.

Get started today.

Scan the QR code or text* **WELLBEING** to **75706** to create an account.

You can also visit **join.helloheart.com** and enter **Wakefern Food Corp. ShopRite Supermarkets Inc. and Price Rite Marketplace** to create an account.

Fully sponsored by Wakefern Food Corp. for all non-union employees, spouses and dependents (18+) covered by an Aetna medical plan with blood pressure readings of 130/80 mmHg or above, those taking medication for high blood pressure or high cholesterol, or women aged 52+ or that are going through or have gone through menopause. Each eligible family member should enroll separately.

*Message & data rates may apply. Visit https://www.helloheart.com for privacy and terms information. Hello Heart is not a substitute for a licensed medical professional. Talk to your doctor to make sure you are diagnosed and treated properly.

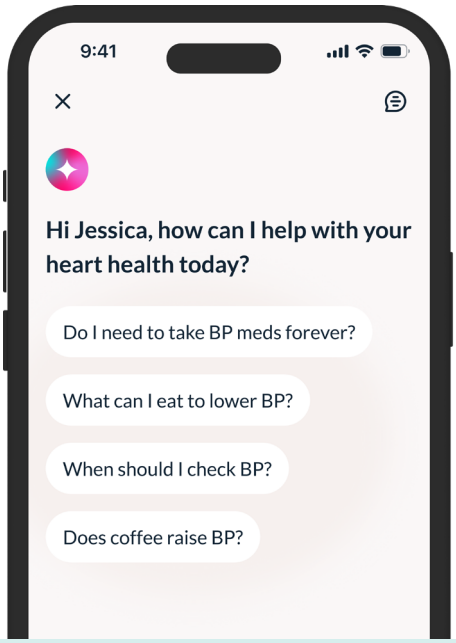
Need help? support@helloheart.com 18007673471 Monday-Friday, 8am-8pm ET

Hello Heart

Your heart health just got an upgrade.

Hello Heart is a digital heart health program included with your benefits. It helps you track your blood pressure, build healthy habits, and better understand your heart health from home.

Now it also includes Nia, your AI assistant for heart health questions. Get heart health support on your schedule, not just when you're able to see your doctor.



- Understand your blood pressure numbers and trends
- Prep for your next doctor's visit with the right questions
- Find simple food swaps that may support your heart health

Scan to get started today

or visit **join.helloheart.com.**

Already a Hello Heart user? Open the app and say hi to Nia.

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 (800) 767-3471 Monday-Friday, 8am-8pm ET