



# FOX VALLEY & VICINITY LABORERS

## HEALTH AND WELFARE AND PENSION FUNDS

DATE: March 15, 2023  
TO: Eligible Participants  
FROM: Board of Trustees  
SUBJECT: Fox Valley Laborers Health and Welfare Fund  
Hello Heart

### **BOARDS OF TRUSTEES**

#### **WELFARE FUND**

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#### **PENSION FUND**

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Please be advised that effective April 1, 2023, the Fox Valley Laborers Health and Welfare Fund is implementing a new program through Hello Heart to assist with reducing high blood pressure. The Hello Heart app makes it easy for you to track, understand, and manage your heart health.

This program makes it simple for you to record your blood pressure and cholesterol readings, and be able to share the data with your doctor through a mobile app. The app also provides medication reminders and lifestyle changes to manage top heart disease risk factors.

Watch your mailbox for a postcard from Hello Heart with simple instructions on how to enroll in this program. Adult participants covered by the plan with blood pressure readings of 130/80 mmHg or above, and/or those taking blood pressure medication are eligible to enroll. Download the Hello Heart app and your FDA-approved blood pressure cuff and monitor will be shipped to your home for free.

Sign-up and use this tool in tandem with your doctor and gain control of your hypertension!

If you have any questions regarding this notice, please contact the Administrative Office at (847) 742-0900.