


Take control of your heart health with KardiaComplete



KardiaComplete is a free heart health program offered to HP non-Medicare participants—enrolled in an HP Aetna or Anthem BCBS medical plan—with hypertension and/or an arrhythmia such as atrial fibrillation. It provides exclusive features to help you better manage your heart health.

To learn more and enroll, visit kardiacomplete.com/hp. When you sign up, you'll get access to easy-to-use devices and personalized care from the convenience of home.

- **Get free devices to easily track and understand your EKG and blood pressure:**
 - OMRON Evolv® is the #1 doctor-recommended blood pressure monitor on the market.
 - KardiaMobile 6L is the #1 doctor-recommended personal EKG. You can check in on your heart anytime, record medical-grade EKGs, and get results in just 30 seconds.
- **Access digital learning** through the KardiaComplete app, including quick lessons to build your knowledge of heart health and healthy behaviors.  **KARDIA** COMPLETE
- **Connect with your Virtual Care Team** for personalized coaching and virtual cardiologist consults. Personal coaches support you as you determine your heart health goals and develop habits to achieve them. Cardiologists are accessible through on-demand telehealth appointments.
- **Get heart health summary reports** you can share with your doctor. Understand the bigger picture on your heart health by generating personalized reports summarizing your EKG and blood pressure data over a custom date range. Use it to track your progress over time and share it with your doctor or caregiver.