Self-Check Plan for HF Management

Excellent – Keep Up the Good Work!

☐ Breathing okay (not short of breath)
☐ Physical activity level is normal
☐ No noticeable swelling
☐ Weight check normal
☐ No sign of chest pain

Great! Continue:

Daily Weight Check
Meds as Directed
Low Sodium Eating
Follow-up Visits

Pay Attention – Use Caution!

☐ Dry, hacking cough
☐ Shortness of breath with activity
☐ Increased swelling of legs, feet, and ankles
☐ Sudden weight gain of more than 2-3 lbs* (5 lbs in a week)
☐ Discomfort or swelling in the abdomen
☐ Trouble Sleeping

Heads Up!

Your symptoms may indicate:

A change in medications
A call to your physician

Medical Alert – Warning!

☐ Frequent dry, hacking cough
☐ Shortness of breath at rest
☐ Increased discomfort or swelling in the lower body
☐ Sudden weight gain of more than 2-3 lbs* (5 lbs in a week)
☐ Dizziness, confusion, sadness or depression
☐ Loss of appetite
☐ Increased trouble sleeping; cannot lie flat

Warning! You need to be evaluated right away.

Call your physician or call 911

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