

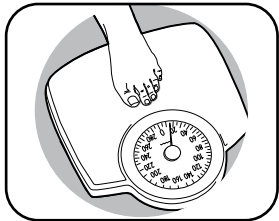
Heart Failure Action Plan

Your Zone Today is:

Do Your Checklist Every Day:

- Weigh yourself in the morning before breakfast. Write down your weight. Compare it to yesterday's weight.
- Check for swelling in your feet, ankles, legs and stomach.
- Be able to do your regular activities without being short of breath.
- Take your medicine as directed.
- Eat foods low in sodium (salt). Limit salt to 1,500 to 2,000 mg.
- Have enough energy to get through the day.

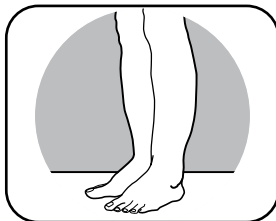
Call Your Health Care Provider if You Have Any of the Following:



- gain 3 pounds in 1 day or 5 pounds in 1 week



- more short of breath than usual



- more swelling of your feet, ankles, legs or stomach than usual



- feeling more tired than usual or being unable to do your everyday activities

- breathing becomes harder when you lie down (You need to start sleeping in a chair.)
- if you are unable to take your medicine as directed

Whom to Call

Name:

Number:

Call 911 or Go to a Hospital Emergency Department if You Are:

- struggling to breathe
- having chest pain
- confused or unable to think clearly