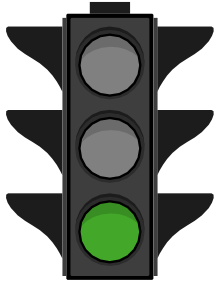


# Heart Failure Action Plan

## Your Plan for Action

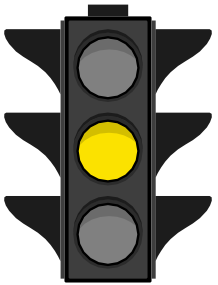
- Use this guide to tell your doctor about changes in your symptoms.
- You are less likely to go to the hospital when you notice your symptoms early and take action.

### You are in control and doing well.



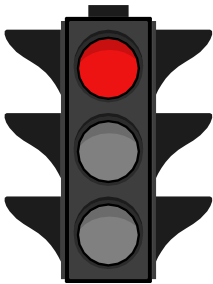
- There is no change in my weight.
- I do not have any swelling.
- My breathing is normal.
- My sleeping is normal.
- My energy level is normal.

### Take action today. Call your doctor, the MyCare Advice line, or schedule a same day in-person or virtual appointment.



- I have gained 2 pounds (0.9 kg) in 1 day, or 5 pounds (2.3 kg) in 7 days.
- I have swelling on my foot, ankle, shin, thigh, or abdomen.
- I am too tired to do most of my normal activities.
- I need to prop myself up with more pillows when I sleep.
- I feel short of breath while I eat, talk, walk, or get dressed.
- I am not urinating as much or as often as usual.

### Take action now! Call 9-1-1 or go to the Emergency Department right away!



- I am less alert.
- I am short of breath and wheeze when I am at rest.
- I need to sleep sitting up to breathe.
- I have chest pain or pressure that does not go away.
- I have had episodes of fainting or feeling lightheaded.
- My defibrillator has shocked me (if I have one).

#### Daily Checklist:

- I weigh myself every day in the morning **after** using the bathroom.
- I take my medicine every day as prescribed.
- I am limiting my fluid intake to less than \_\_\_\_\_ per day.