

Heart Failure Self-Management Plan

Name _____ Date _____

Do not smoke; avoid secondhand smoke.

Every day: Weigh yourself in the morning Take your medications Eat low salt foods Balance activity with rest periods

Green Zone: All Clear



What this could mean:

- If you have:
- ✓ No shortness of breath
 - ✓ Weight gain less than two pounds (although a 1–2 pound gain may occur some days)
 - ✓ No swelling of your feet, ankles, legs, or stomach
 - ✓ No chest pain
 - ✓ Ability to do usual activities

- ✓ Your symptoms are under control
- ✓ Continue to take your medications as ordered
- ✓ Follow healthy eating habits
- ✓ Keep all physician appointments

Yellow Zone: Caution



What this could mean:

- If you have **any** of the following:
- ✓ A weight gain of two or more pounds in one day or 3–5 pounds in one week
 - ✓ Increased shortness of breath
 - ✓ Increased swelling of your feet, ankles, legs, or stomach
 - ✓ Fatigue or lack of energy
 - ✓ Dry hacking cough
 - ✓ Dizziness
 - ✓ An uneasy feeling—you know something is not right
 - ✓ Difficulty breathing when lying down or you sleep sitting up with extra pillows
 - ✓ New or frequent chest pain or tightness

- ✓ Your symptoms may indicate that you need a medication adjustment
*Call your home care nurse or primary care doctor **and** your cardiologist*

Doctor: _____
Phone: _____
Instructions: _____

Cardiologist: _____
Phone: _____
Instructions: _____

If you notice a Yellow Zone Caution, work closely with your healthcare team

Red Zone: Medical Alert! Stop and Think



What this could mean:

- If you:
- ✓ Are struggling to breathe or have unrelieved shortness of breath while sitting still
 - ✓ Have chest pain not relieved or reoccurs after taking three nitro tablets
 - ✓ Have confusion or can't think clearly

- ✓ **You need to be evaluated by a healthcare professional immediately**
- ✓ **Call 9-1-1**
- ✓ **Notify your healthcare provider's office**

Source: American Heart Association. <https://www.heart.org/en/health-topics/heart-failure>

This information is intended for educational purposes only. HSAG does not represent or guarantee that this information is applicable to any specific patient's care or treatment. This content does not constitute medical advice from a physician and is not to be used as a substitute for treatment or advice from a practicing physician or other healthcare provider.

This material was prepared by Aging and Disabilities Services and adapted for use with permission by Health Services Advisory Group (HSAG), a Quality Innovation Network-Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. QN-12SOW-XC-02202024-13