

# Heart Failure Zones

Every Day:



Weigh yourself before breakfast, record, & compare with yesterday



Take your medicine as prescribed



Check for swelling in your feet, ankles, legs & stomach



Balance activity & rest periods



Eat low salt food

Which Heart Failure Zone are you today? **GREEN**, **YELLOW**, or **RED**?

Green Zone

## ALL CLEAR - This zone is your goal

Your symptoms are under control. You have:

- No shortness of breath
- No weight gain of more than 2 pounds (it may change 1 or 2 pounds some days)
- No swelling of your feet, ankles, legs or stomach
- No chest pain

Yellow Zone

## CAUTION - This zone is a warning

Call your doctor's office if:

- You have a weight gain of 3 lbs in 1 day or a weight gain of 5 lbs or more in 1 week
- Feeling more tired, no energy, or more shortness of breath
- Feeling uneasy and dizzy, you know something is not right
- More swelling of your feet, ankles, legs, or stomach
- Dry hacky cough
- It is harder to breathe when lying down / You need to sleep sitting up in a chair

Red Zone

## EMERGENCY

Go to the emergency room or call **911** if you have any of the following:

- Struggling to breathe / Unrelieved shortness of breath while sitting still
- Have chest pain
- Have confusion or can't think clearly



HealthCare Partners, IPA  
HealthCare Partners, Management Services Organization

Source: American Heart Association

Your Cardiologist's Name: \_\_\_\_\_

Your Cardiologist's Number: \_\_\_\_\_