



Green

- No change in symptoms
- No cough or wheeze
- Breathing is good
- Usual strength and activity
- Weight is stable

Yellow

- Weight **gain** of more than 3 pounds in 1 to 2 days
- Weight **gain** of more than 5 pounds in 1 week
- Have to sleep sitting up
- Start coughing at night
- Notice swelling in your ankles or any part of your body
- Have pain or bloating in your stomach and lose your appetite
- Become tired faster or feel yourself losing energy
- Wheezing (noisy breathing)
- Have side effects from your pills
- Weight **loss** of more than 5 pounds in 2 days

Red

- Trouble breathing
- Pain or tightness in chest
- Dizzy spells or feel faint
- Feel anxious or like something bad will happen

My Heart Failure Action Plan
What to do if your symptoms change

Doctor _____

Phone _____

Pharmacy Phone _____

For any questions, a nurse is available 24 hours a day (toll free) at 888-676-7812.

1. Green means go – I am meeting my goals for heart failure management.

- Stay on your treatment plan.
- Stay active.

2. Yellow means Caution – Be alert to changes.

If you have any of the symptoms in the yellow circle:

- Call your doctor within 24 hours – even on weekends and holidays.
- Have your medicine list handy.
- Have your pharmacy phone number handy.

For weight gain:

- Ask your doctor about taking medication (you may already have been told about this).
- Limit activity.
- Limit salt.
- Raise legs on pillows or footrest when resting.

If you have questions or are unsure of what to do, you may speak with a nurse 24 hours a day (toll free) at 888-676-7812.

3. Red means I need to Stop and get help. I should call and talk with my health care provider immediately.

- Call your doctor right away. If you think this is an emergency, call 911.

My Heart Failure Action Plan for Every Day

My health care provider and I have developed this heart failure action plan to help me meet my health goals and live a healthier lifestyle. We have determined that the following actions are right for me at this time.

My goals are: _____
Weight _____

I will use the green/yellow/red chart at home.
The chart will help me see how I am doing, decide whether I need to make more changes and decide when I need to call my health care provider.

Check my weight at home. My provider has asked me to take my weight at home and keep track of the readings. I have a chart to write my weights on. I will bring these weights to my next appointment. My instructions are to take my weight daily, in the morning before eating:
Time of day: _____

I will come to the clinic and have my weight, labs and status checked by the staff.
How often: _____
When: _____

I will take my heart failure medicine every day.
It is important to take my heart failure medicines exactly as prescribed, so my heart failure stays in control. I will let my health care provider know if I am not able to get my medicine or am not taking it as prescribed. These are the names of my heart failure medications:

I will work on these lifestyle changes:

- Eat a healthy diet. Changes I should make: Cut _____ back on salt (sodium) in my diet. Amount per day: _____
_____ Cut back on saturated fats and cholesterol in my diet.
_____ Follow the DASH diet.
_____ Cut back or stop using alcohol.
Drinks per day: _____
- Stop using tobacco products.
- Cut down my tobacco use to: _____
- Increase activity. I will try these activities/exercises: _____
- Lose weight. My goal is to lose: _____
- Other: _____

How sure am I that I can do this?
(1 is not sure, 10 is very sure)

1 2 3 4 5 6 7 8 9 10

I will learn more about heart failure. My doctor has given me the *Heart Failure* education packet. I will read these materials and use what I learn to help control my heart failure. The packet contains the basic information I need to plan my goals and make lifestyle changes.

I will let my provider know if I have any questions or problems with making my lifestyle changes or taking my medications. Making changes can be hard and I can get help in other ways, such as meeting with a dietitian, finding ways to pay for medications I cannot afford, using quit-smoking programs, and attending community programs or classes. The health care team can help me find the help I need to make changes.