



# Heart Failure Action Plan

NAME		DOCTOR
DATE	TARGET WEIGHT	DOCTOR/CLINIC PHONE

### RECOMMENDED

- Weigh yourself each day at the same time, on the same scale, wearing the same amount of clothing.
- Keep track of your weight on a chart or calendar.
- Diet: 2 grams sodium / per day (2000mg)
- cups of fluid per day (  oz.)
- Avoid alcohol.
- Remember to ask your doctor about any changes to this action plan at each visit and have them fill out the **HIGHLIGHTED** areas.
- If you have any questions, call your health coach.



### SYMPTOMS

- Breathing is easy
- Weight is on target
- Little or no swelling

### WHAT TO DO

- Take your medications as prescribed
- Watch your diet, exercise and weigh yourself every day
- Keep scheduled doctor appointments



### SYMPTOMS

- Hard to breathe with activity or at night
- Weight is up 2 lbs. in 1 day, OR weight is up 3-5 lbs. in 1 week
- Swelling in ankles, legs or belly
- Chest feels heavy or tight, but gets better with rest
- Very tired
- Constant cough

### WHAT TO DO

- Call your doctor
- Change your medicine
- Call the 24-Hour Medical Help Line\* at 1-800-501-3439 for assistance
- Other instructions:



### SYMPTOMS

- Hard to breathe even at rest
- Chest pain or chest feels very heavy or tight
- Sweating, weakness or fainting

### WHAT TO DO

- Get help NOW
- Call 911 for emergency help
- Do not try to treat this yourself

Write your weight in the boxes below every day. Keeping this record will help you recognize early signs of trouble. By getting help early, you may avoid trips to the emergency room or stays in the hospital.

WEIGHT DIARY												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
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**TOOLS & RESOURCES**

From health tips and guidelines that help you stay informed, to useful online and mobile tools that help make it easier to manage your health, Independent Health has the tools and resources you need to lead a healthier life.

**To learn more, visit the Healthwise Library at [independenthealth.com/healthwise](https://independenthealth.com/healthwise).**

\*Independent Health's 24-Hour Medical Help Line should not be used for diagnosis or as a substitute for a physician.

