

Heart Failure: Partnering in Your Treatment Bring this sheet with you to your appointment and discuss the following with your doctor.

Understand Your HF How serious is my heart failure?	Identify Your HF Needs Am I a candidate for HF cardiac rehab?	Are there any activities that are off-limits for me at this time? (List specific concerns you may have, such as exercise, sex, housework.)
Mild Moderate Severe	Yes No	
In what ways does having heart failure increase my health risks?	Are there any additional tests we need to do to learn more about my heart function? If so, which ones?	
		What treatment options should I be thinking about for managing my HF?
How likely is it that having HF will worsen the effects of other conditions I may have?	Explore HF Treatment	What are my treatment goals at this time?
	What are the most important things I can do to manage my HF?	goals at this time?
Would any of the following lifestyle changes help me to better manage the progress of HF? Managing weight		
Quitting smoking Making other important changes?	What should I expect in the coming weeks, months or years?	



Symptoms of HF

Should I be tracking and reporting my symptoms to you?

American Heart Association	Self-Check Plan for HF Management	
Excellent Control Con	Keep Up the Good Work! Page Page	
GREAT! CONTINUE: Pay Atten	tion - Use Caution!	
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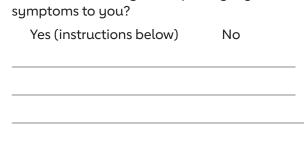
Questions About Medication

Will I be taking a medication(s) for HF?

Yes No

What should the medication(s) do?

What will happen if I don't take the prescribed medication(s)?



What symptoms or problems would you want me to notify you about?



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Learn to recognize and manage symptoms of HF.





Chronic coughing or wheezing



Build-up of fluid (edema)



Fatigue or feeling lightheaded



Nausea or lack of appetite



Confusion or impaired thinking



High heart rate