

# YOU ARE IN CHARGE OF YOUR HEART HEALTH

By taking charge of your heart health you will do better than if you don't take charge.

Your toolkit includes monitoring how you feel, watching your weight daily, limiting salt in your diet, taking your medications as directed, not smoking and keeping all of your medical appointments.

Your weight goal: \_\_\_\_\_ pounds

## **Green Zone: You're doing fine**

- No shortness of breath
- No swelling
- No weight gain
- No decrease in the ability to maintain your activity level

## **Green Zone Means:**

- Your symptoms are under control
- Continue taking your medications as ordered
- Continue daily weights
- Follow low salt diet
- Keep all medical appointments

## **Yellow Zone: You may be getting in trouble**

If you have any of the following signs and symptoms:

- Weight gain of 3 or more pounds in 2 days
- Increased cough
- Increased swelling
- Increase in shortness of breath with activity
- Increase in the number of pillows needed
- Waking up at night because you can't breathe

## **Yellow Zone Means:**

- Your symptoms may indicate that you need an adjustment of your medications
- If you are in the YELLOW ZONE, call your physician, nurse, or home health nurse.

Name: \_\_\_\_\_

Number: \_\_\_\_\_

## **Red Zone: You need help!**

If you have any of the following signs or symptoms

- Unrelieved shortness of breath; shortness of breath at rest
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep
- Weight gain of more than 5 pounds in 2 days
- Confusion

## **Red Zone Means:**

- This indicates that you need to be evaluated quickly
- Call 911 for severe shortness of breath
- Contact your physician

Physician \_\_\_\_\_

Number \_\_\_\_\_