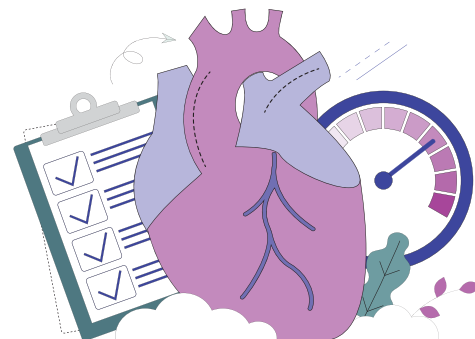


Living Well with Heart Failure

Simple daily habits can help you stay well and avoid hospital visits.

What is Heart Failure?

Heart failure means your heart is not pumping blood as well as it should. This can cause fluid buildup and symptoms like shortness of breath, swelling, and weight gain.



Your Daily Habits

Limit salt



- < 2,000 mg/day
- Avoid processed foods
- Choose <300 mg/serving

Weigh Daily



- Every morning after using the bathroom
- Same scale each day
- Track your weight

Monitor Fluids



- Limit to 1.5–2 liters/day (if advised)
- Includes soup, ice cream, gelatin

Take Medications

- Take exactly as prescribed
- Do not skip doses



Stay Active

- Walk regularly
- Rest when tired
- Avoid heavy lifting



Avoid Triggers

- Quit smoking
- Limit alcohol



☒ **Keep appointments**

☒ **Get flu + pneumonia vaccines**

Reminder: For urgent needs, Express Care in Middleton is Open

Mon–Fri: 8am–6pm • Sat–Sun: 8am–12pm

24/7 Nurse Triage Available

Know the Warning Signs of Heart Failure

Call your doctor to prevent early complications

GREEN

→ **Doing Well!**

- ☐ No new shortness of breath
- ☐ No new swelling
- ☐ Weight is stable
- ☐ Taking medications as prescribed



YELLOW

→ **Call Your Doctor**

- ☐ Gained 3 pounds or more in a 24-hour period, or more than 5 pounds in one week.
- ☐ More swelling in legs/stomach
- ☐ Increased shortness of breath
- ☐ Feeling more tired than usual



RED

→ **Call 911 or go to ER**

- ☐ Severe trouble breathing
- ☐ Chest pain or pressure
- ☐ Fainting or dizziness



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Heart Failure Daily Weight Log



Bring this record with you when you visit your health care provider.

1

Weigh yourself every morning when you get up.

- Do this after you go to the bathroom and before you take your medicines or get dressed.
- Use the same scale daily, if possible.

2

Check the GREEN, YELLOW, or RED symptoms check list every day. Take action if yellow or red.

Your ideal or dry weight is:

(Dry weight is what you weigh when your body is not retaining water.)

GREEN - Doing Well

- ☐ No new shortness of breath
- ☐ No new swelling
- ☐ Weight is stable
- ☐ Taking medications as prescribed

YELLOW - Call Your Doctor

- ☐ Gained 3 pounds or more in a 24-hour period, or more than 5 pounds in one week.
- ☐ More swelling in legs/stomach
- ☐ Increased shortness of breath
- ☐ Feeling more tired than usual

RED (Call 911 or go to ER)

- ☐ Severe trouble breathing
- ☐ Chest pain or pressure
- ☐ Fainting or dizziness

MONTH:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs
 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs
 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs
 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs
 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs	 _____ lbs