



# Self-Check Plan for HF Management



## Excellent – Keep Up the Good Work!



No new or worsening shortness of breath



Physical activity level is normal for you



No new swelling, feet and legs look normal for you



Weight check stable  
Weight: \_\_\_\_\_



No sign of chest pain

**GREAT!  
CONTINUE:**



Daily  
Weight  
Check



Meds as  
Directed



Low  
Sodium  
Eating



Follow-up  
Visits

## Pay Attention – Use Caution!



Dry, hacking cough



Worsening shortness of breath with activity



Increased swelling of legs, feet, and ankles



Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)



Discomfort or swelling in the abdomen



Trouble Sleeping

**CHECK IN!**

Your symptoms may indicate:



A need to contact your doctor or provider



A need for a change in medications

## Medical Alert – Warning!



Frequent dry, hacking cough



Shortness of breath at rest



Increased discomfort or swelling in the lower body



Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)



New or worsening dizziness, confusion, sadness or depression



Loss of appetite



Increased trouble sleeping; cannot lie flat

**WARNING!** You need to be evaluated right away.



Call your physician or call **911**