



My action plan for controlling heart failure at home

- **Ask "How do I feel today?"**
Do I have a problem with weight gain, swelling, breathing or my energy level?
- **Weigh myself each day**
Weight first thing in the morning (after I empty my bladder but before I eat or drink)
- **Call the triage department at Cardiology Consultants if I am in the red stoplight zone: 610-527-1165 option 5**
- **Take additional diuretic as instructed or call triage department at Cardiology Consultants office if I am in the yellow stoplight zone**
- **Take my medicine**
- **See my doctor as scheduled**
- **Eat a healthy, low-salt diet**
- **Make sure my blood pressure is well controlled**
- **Get exercise each day**
- **Have a plan for getting help**
Have a family member, friend, or neighbor available to take you to the doctor's office or hospital if needed. If you are experiencing severe shortness of breath or chest pain call 911.