

LIVING WITH HEART FAILURE

How am I feeling today?



eBrightHealth ACO
an accountable care organization
eBrightHealthACO.org

My Primary Care Team Contact Information:

EVERY DAY I NEED TO

- ✓ Weigh myself in the morning:
 1. After urinating;
 2. Before eating or drinking;
 3. In the same clothes;
 4. Using the same scale, placed on a hard floor, not on a rug.
- ✓ Write down my weight.
- ✓ Take my medicine exactly as directed. Call my pharmacy to refill my medicine at least 2-3 days before it will run out.
- ✓ Check for swelling in my feet, ankles, legs, and stomach.
- ✓ Avoid foods high in salt (sodium). These foods will cause your body to hold onto fluid.

Check to see if you gained 2 pounds since yesterday, or if you gained 3-5 pounds in the last 7 days.

A NORMAL DAY FOR ME

- ✓ I am breathing like I normally do.
- ✓ I do not have any new shortness of breath.
- ✓ I have not had weight gain of more than 2 pounds. (Weight may change 1 or 2 pounds some days.)
- ✓ I do not have any new swelling in my feet, ankles, legs, or stomach.
- ✓ I do not have any chest pain.

A BAD DAY FOR ME

- ✓ I am more short of breath than I normally am.
- ✓ I need to sleep sitting up in a chair, which is not normal for me.
- ✓ I have gained 3 pounds in one day or 5 pounds or more in the last week.
- ✓ I have more swelling in my feet, ankles, legs, or stomach than I normally do.
- ✓ I have less energy than I normally do.
- ✓ I have a new dry, hacking cough.
- ✓ I feel dizzy, which is new for me.
- ✓ I feel uneasy, I know something is not right.



If you have any of these symptoms, call your Primary Care Team and tell them what is happening.

If you think your life is in danger, call 911 or have someone take you to the nearest Emergency Department.

A DAY WHEN I NEED HELP RIGHT AWAY

- ✓ I feel really short of breath, even while resting.
- ✓ I am not able to do my normal activities because of my breathing.
- ✓ I am very tired or drowsy.
- ✓ I feel confused.



For any of these symptoms, call your Primary Care Team RIGHT AWAY. If you think your life is in danger, call 911 or have someone take you to the nearest Emergency Department.

CALL 911
if you:
Feel chest pain or tightness in your chest
— OR —
Have been shocked 1 or more times by your internal defibrillator.