



American
Heart
Association.

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, ankles and legs look normal for you



☐ Weight check stable
Weight: ____



☐ No 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, ankles and feet



☐ 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 health care team



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**

heart.org/HF