

# What you can do to manage heart failure



## Monitor your weight daily.

Weigh yourself every day at the same time, and write it down.

The goal weight for you is \_\_\_\_\_ pounds.

If your weight is above \_\_\_\_\_ or if you have gained three or more pounds in the last 24 hours, call your health care provider.



## Stay active.

Try to exercise \_\_\_\_ days per week for a total of \_\_\_\_ minutes each time.

Talk to your health care provider about exercise type.

Stop if you become breathless or have chest pain.



## Know your medications.

Understand why you are taking your medications and how to take them.

Follow the advice of your health care provider and ask questions if you are concerned about side effects.



## Reduce your salt intake.

1. Eat fresh or frozen vegetables.
2. Avoid canned or highly processed foods.
3. Review the nutrition label for sodium content—you'll often be surprised. Avoid high-sodium products.
4. Cook meals at home when possible. Restaurant foods, especially fast foods, are loaded with salt.
5. Keep serving sizes modest.
6. Don't automatically add salt at the table.



## Limit the amount of fluids consumed.

Keep your fluid intake under \_\_\_\_\_ gallons of water per day.



### Call your health care provider if any of the following occur:

Your weight goes up by more than three pounds | Your shortness of breath gets worse  
You get lightheaded or dizzy | You have more swelling around your ankles, hands, or other areas  
You have other worsening or new symptoms



Pharmaceutical Assistance  
Contract for the Elderly

Balanced information for better care

For more information and resources, visit [alosafoundation.org/modules/heartfailure](https://alosafoundation.org/modules/heartfailure)

