

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 _____ pounds or if you have gained three or more pounds in the last 24 hours, call your healthcare provider.



Stay active.

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

Talk to your healthcare provider about what type of exercise you should do.

Stop exercising 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 healthcare provider and ask questions if you are concerned about side effects or cost.



Reduce your salt intake.

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



Limit the amount of fluids consumed.

Keep your fluid intake under _____ ounces of water per day.



Call your healthcare 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

For more information and resources, visit AlosaHealth.org/HeartFailure



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These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition. These materials were made possible by the PACE Program of the Department of Aging of the Commonwealth of Pennsylvania. Sept 2021

