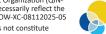
## **Heart Disease Self-Management Plan**

Name	Date	Do not smoke; avoid secondhand smoke
<b>Every day:</b> Weigh yourself first thing in the morning.	☐ Take your medications.	Eat low-sodium foods.
Green Zone: All Clear	What t	chis could mean:
If you have:  ✓ No shortness of breath.  ✓ No chest pain or chest tightness.  ✓ No weakness.  ✓ Blood pressure less 140/90  (or as directed by your physician).  ✓ Ability to do daily activities.	✓ Continu ✓ Follow	rmptoms are under control. ue to take your medications as ordered. your meal plan. Il medical appointments.
Yellow Zone: Caution	What t	his could mean:
If you have any of the following:  Chest pain or chest tightness.  Shortness of breath.  Swelling of your feet, ankles, legs, or stomach.  Fatigue or lack of energy.  Dizziness.  An uneasy feeling—you know something is not right.  Difficulty breathing when lying down or you sleep sitting up with more pillows than usual.  If you notice a Yellow Zone Caution, work closely	Doctor: Phone: Instruct Cardiolo Phone:	doctor <b>and</b> your cardiologist.  ions:  ogist:  ions:
with your healthcare team.	instruct	
Red Zone: Medical Alert! Stop and Think	What t	this could mean:
<ul> <li>If you:</li> <li>✓ Are struggling to breathe or have unrelieved shortness of breath.</li> <li>✓ Have chest pain or heaviness.</li> <li>✓ Take nitroglycerin as prescribed by your doctor for chest pain or heaviness.</li> <li>✓ Have confusion or can't think clearly.</li> </ul>	profe  ✓ Call	need to be evaluated by a healthcare essional immediately.  9-1-1.  y your doctor's office.

Source: American Heart Association, www.heart.org





**Quality Improvement** 

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