Heart Failure Self-Management Plan

Name: _____________________________________________ Date: _______________________________

Every day:  □ Weigh yourself in the morning  □ Take your medications  □ Eat low salt foods  □ Balance activity with rest periods

Green Zone: All Clear

If you have:
✔ No shortness of breath
✔ Weight gain less than two pounds
   (although a 1–2 pound gain may occur some days)
✔ No swelling of your feet, ankles, legs, or stomach
✔ No chest pain
✔ Ability to do usual activities

What this could mean:
✔ Your symptoms are under control
✔ Continue to take your medications as ordered
✔ Follow healthy eating habits
✔ Keep all physician appointments

Yellow Zone: Caution

If you have any of the following:
✔ A weight gain of two or more pounds in one day or 3–5 pounds in one week
✔ Increased shortness of breath
✔ Increased swelling of your feet, ankles, legs, or stomach
✔ Fatigue or lack of energy
✔ Dry hacking cough
✔ Dizziness
✔ An uneasy feeling—you know something is not right
✔ Difficulty breathing when lying down or you sleep sitting up with extra pillows
✔ New or frequent chest pain or tightness

What this could mean:
✔ Your symptoms may indicate that you need an adjustment of your medications
Call your home care nurse or primary care doctor and your cardiologist

Doctor: _____________________________________________
Phone: ______________________________________________
Instructions: __________________________________________

Cardiologist: _________________________________________
Phone: ______________________________________________
Instructions: __________________________________________

If you notice a Yellow Zone Caution, work closely with your healthcare team

Red Zone: Medical Alert! Stop and Think

If you:
✔ Are struggling to breathe or have unrelieved shortness of breath while sitting still
✔ Have chest pain not relieved or reoccurs after taking three nitro tablets
✔ Have confusion or can’t think clearly

What this could mean:
✔ You need to be evaluated by a healthcare professional immediately
✔ Call 9-1-1
✔ Notify your healthcare provider’s office

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