

# Heart Disease Self-Management Plan

Name \_\_\_\_\_

Date \_\_\_\_\_

Do not smoke; avoid secondhand smoke.

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
- ✓ No chest pain or chest tightness
- ✓ No weakness
- ✓ Blood pressure less 140/90 (or as directed by your physician)
- ✓ HbA1c <7% if you are diabetic
- ✓ LDL <100 mg/dl
- ✓ 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 medical appointments

## Yellow Zone: Caution

If you have **any** of the following:

- ✓ 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 extra pillows

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



### What this could mean:

- ✓ Your symptoms may indicate that you need a medication adjustment  
*Call your home care nurse or primary care doctor **and** your cardiologist*

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

Cardiologist: \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

## 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 or heaviness
- ✓ 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***

Source: American Heart Association. [www.heart.org](http://www.heart.org)

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