



American Heart Association.

Rise Above Heart Failure®

Self-Check Plan for HF Management



Excellent – Keep Up the Good Work!



☐ No new or worsening shortness of breath



☐ Physical activity level is normal for you



☐ No new swelling, feet and legs look normal for you



☐ Weight check stable
Weight: ____



☐ No sign of chest pain

**GREAT!
CONTINUE:**



**Daily
Weight
Check**



**Meds as
Directed**



**Low
Sodium
Eating**



**Follow-up
Visits**



Pay Attention – Use Caution!



☐ Dry, hacking cough



☐ Worsening shortness of breath with activity



☐ Increased swelling of legs, feet, and ankles



☐ Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)



☐ Discomfort or swelling in the abdomen



☐ Trouble Sleeping

CHECK IN!

**Your symptoms
may indicate:**



**A need to
contact your
doctor or provider**



**A need for
a change in
medications**



Medical Alert – Warning!



☐ Frequent dry, hacking cough



☐ Shortness of breath at rest



☐ Increased discomfort or swelling in the lower body



☐ Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)



☐ New or worsening dizziness, confusion, sadness or depression



☐ Loss of appetite



☐ Increased trouble sleeping; cannot lie flat

WARNING! You need to be evaluated right away.



**Call your physician
or call 911**

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