

Heart Failure Zones to Help Guide Your Care

Your life changes with heart failure, but step-by-step you can put yourself in charge. You are more than heart failure. Use this Action Plan to help guide your care. Review this plan with your provider at least once a year.

1. Each day, check what zone you are in.

Are you in the GREEN zone?



You are in the GREEN zone if ALL the following apply to you:

- No swelling of your feet, ankles, legs, and stomach
- You can do the things you normally do
- No shortness of breath or trouble breathing
- You eat like you normally do
- No sudden weight gain
- No chest pain

2. Then, based on your zone, decide what to do.

If so, follow the GREEN zone action plan:

- ✓ Keep taking your medicines as prescribed
- ✓ Check your weight for sudden water build-up every day
- ✓ Check for swelling in your feet, ankles, legs, and stomach
- ✓ Be active and move daily as much as you can
- ✓ When you have a choice, pick the low salt food option
- ✓ Visit your provider at least once a year
- ✓ Get your flu, pneumonia, and Covid-19 vaccines
- ✓ Avoid using tobacco and stay away from others who smoke

Are you in the YELLOW zone?



You need help if EVEN ONE of the following applies to you:

- New or increased cough
- Weight gain of 2 or more pounds in 24 hours (1 day) OR
- Weight gain of 5 or more pounds in 1 week.
- New swelling of your ankles, legs, or stomach
- Need more pillows to sleep or must sleep in a chair
- Trouble breathing when doing usual activity
- Feeling full more quickly than normal when eating
- Feeling more tired than usual

If so, follow the YELLOW zone action plan:

- Do not wait more than **24 hours** to take the following steps -
 - ✓ Call your provider during regular office hours to see if you need to change anything in your care - ask if you need to change how much water pill you take
 - ✓ Call the Nurse Advice line offered by your health insurance if you need help when your provider's office is closed
 - ✓ Be extra careful with how much salt you eat
 - ✓ Limit drinking liquids if you have more swelling than usual

Are you in the RED zone?



You need help right away if you have ANY of these:

- Chest pain or chest tightness that does not go away
- New or worsening confusion or problems thinking clearly
- Severe shortness of breath even at rest
- Dizziness and trouble walking, standing up, falling, fainting, passing out
- Extreme fatigue even when not doing any activity

If so, get help right away!

- ✓ **Call 9-1-1**