

Heart Failure Action Plan



To develop your plan, talk to your doctor about what to do if you notice a change in symptoms, and review the plan on reverse side with your doctor.

Your Symptoms

You may not notice some important changes, like weight gain. That's why it is important to weigh yourself at the same time each day and write your weight down.

When your weight changes from day to day, you know that you are keeping extra fluid and need to take action.

Take this to your doctor

An action plan helps you answer these questions:

- 1 What changes should I watch for?
- 2 What should I do when I have changes?
- 3 When should I talk to my doctor?

- Read this handout.
- **Discuss** with your doctor at your next visit.
- **Write** your plan with your doctor.
- **Call** a Health Coach for information about managing heart failure.

Please use this as a tool to help you manage your health. You can bring it to your doctor to discuss, and you can call a Health Coach for support.

**ConnectionsSM Health
Management Program**

1-800-ASK-BLUE
(1-800-275-2583)

www.ibxpress.com

ConnectionsSM
HEALTH MANAGEMENT PROGRAM



My Action Plan

Symptoms	What my doctor says to do:
Change in my breathing: I notice an increase in my shortness of breath. I am winded when I normally am not winded. I feel unable to catch my breath. I have problems breathing when lying down, or notice my chest feels tight. I am sleeping with extra pillows.	
Coughing, coughing more than usual, or wheezing.	
Sudden change in my weight: I have gained 2-3 pounds or more in one day. I have gained 5 pounds or more in one week.	If weight gain of ____ pounds in ____ days then:
Swelling: I notice that I have more swelling in my fingers, ankles, feet, or legs than usual. I have swelling or bloating in my stomach.	
Feeling tired, weak, fatigued: I cannot do what I could do a few days before.	
Heartbeat: I notice that my heart has started to skip beats, or I have noticed that my heartbeat is fluttering or racing.	
Chest pain: I notice my chest is heavy and I am feeling some discomfort.	Follow your plan for taking nitroglycerine and/or call 911.

In general, if you do not have an action plan, it is best to call your doctor if you notice any of the above changes.

Medicine

What is my water pill? _____

What are my other medications? _____

Diet

How much salt? Your doctor may suggest that you limit salt and watch for hidden salt in foods such as hot dogs, snack foods, fast foods, pickled foods, and canned soups and other canned foods. Salt is listed as “Sodium” on food labels.

What food should I avoid? Write here:

Fluid

How much fluid? Your doctor may advise you to limit fluids. This includes drinks and fluids or foods that melt, such as ice cream or jello.

How much fluid should I have in a day? Write here:

The information presented here is not intended to diagnose health problems or to take the place of information or medical care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult your physician or other medical professional. For questions, health information, and support, talk to your Health Coach. A Health Coach is available by phone — at no cost to you — 24 hours a day, seven days a week. Independence Blue Cross offers products directly, through its subsidiaries Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield - independent licensees of the Blue Cross and Blue Shield Association.

MDCHFAP-HND-IBC-0912
© 2009 Health Care Management Solutions, LLC.
Portions copyrighted by Kaiser Permanente.

