# **ZONE TOOL** | Heart Failure

# **Remember:**

- ✓ Keep your doctor appointments.
- ✓ Take all of your medications to each doctor's appointment.
- ✓ Ask your doctor about getting a pneumonia vaccine.
- ✓ Get a flu shot and COVID vaccine every year.

## **GREEN Zone: Great Control**

- $\cdot$  No shortness of breath
- No weight gain more than 2 pounds (it may change 1 or 2 pounds some days.)
- No swelling of your feet, ankles, legs or stomach
- No chest pain

## **YELLOW Zone: Caution**

#### **Call Your Physician!**

- Weight gain of 3 pounds in 1 day or a weight gain of 5 pounds or more in 1 week
- More swelling of your feet, ankles, legs or stomach
- Difficulty breathing when lying down. Feeling the need to sleep up in a chair.
- Feeling uneasy; you know something is not right
- No energy or feeling more tired
- More shortness of breath
- Dry hacking cough
- Dizziness

## **RED Zone: Medical Alert!**

- A hard time breathing
- Unrelieved shortness of breath while sitting still
- Chest pain
- Confusion or can't think clearly

## **GREEN Zone Means I Should:**

- Continue to weigh yourself in the morning before breakfast and write it down
- Eat low-salt/low-sodium foods
- Continue to balance activity and rest periods
- Continue to check swelling in your feet, ankles, legs
  and stomach
- Continue taking all of your medications as prescribed

#### YELLOW Zone Means I Should:

#### Contact my doctor.

Write down my list of symptoms that I need to tell the doctor about.

#### **Physician Contact:**

Doctor:\_\_

Phone:\_\_

## **RED Zone Means I Should:**

- Act Fast... Heart Failure is Serious!
- Call 9-1-1 and request an ambulance to the Emergency Department

This material was prepared by Alliant Health Solutions, a Quality Innovation Network – Quality Improvement Organization (QIN – QIO), and co-branded for East Alabama Medical Center (EAMC), under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. 12SOW-AHS-QIN-QIO-TOI-NH-TOI-PCH-6526-10/31/24







Weight	Date:	Weight	Date:	Weight	Date:	Weight	Date:	Weight:	Date:	
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Daily Weight Log

Take this with you

when you go to the doctor

Goal/Dry Weight \_\_\_