### Heart Failure Zones

**Which Heart Failure Zone are you in today?** Green, Yellow or Red

#### Every Day

- Weigh yourself on your scale when you return home from the hospital.
- Your weight: _________ pounds.

#### Every Day:

- Weigh yourself in the morning before breakfast, write it down & compare it to yesterday’s weight
- Take your medicine as prescribed
- Check for swelling in your feet, ankles, legs and stomach
- Eat low-salt food
- Balance activity and rest periods

#### Green Zone

**ALL CLEAR - This zone is your goal**

Your symptoms are under control when:

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

#### Yellow Zone

**CAUTION - This zone is a warning**

If you have one or more of the following:

- Call Nurse: _______________________
- Call Doctor: _______________________

- Weight gain of more than 3 pounds in 2 days or 5 pounds or more in 1 week
- More shortness of breath than usual.
- More swelling of your feel, ankles, legs, or stomach than usual
- Feeling more tired than usual (no energy)

#### Red Zone

**EMERGENCY**

Go to the emergency room or call 911 if you have any of the following: **DO NOT DRIVE YOURSELF**

- Struggling to breathe: unrelieved shortness of breath while sitting still
- Chest pain
- Confusion or unable to think clearly
When to Ask Questions

You can ask questions when:
- You see your doctor, nurse, or pharmacist.
- You prepare for a medical test or procedure.
- You get your medicine.

What If I Ask and Still Don’t Understand?
- Let your doctor, nurse, or pharmacist know if you still don’t understand what you need to do.
- You might say, “This is new to me. Will you please explain that to me one more time?”

Who Needs to Ask 3?
Everyone wants help with health information. You are not alone if you find things confusing at times. Asking questions helps you understand how to stay well or to get better.

The Ask Me 3 questions are designed to help you take better care of your health.
To learn more, visit www.npsf.org/askme3