



# Self-Check Plan

for HF Management



## Excellent – Keep Up the Good Work!



☐ Breathing okay (not short of breath)



☐ Physical activity level is normal



☐ No noticeable swelling



☐ Weight check normal  
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



☐ 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 (5 lbs in a week)



☐ Discomfort or swelling in the abdomen



☐ Trouble Sleeping

**HEADS UP!**

Your symptoms may indicate:



A change in medications



A call to your physician

## 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 (5 lbs in a week)



☐ 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 111 or 999