

LIVING WITH CONGESTIVE HEART FAILURE

HEALTH CARE
PROFESSIONAL'S
NAME: _____

PHONE NUMBER: _____

GREEN ZONE: ALL CLEAR!

Green Zone Means:

- ✓ No shortness of breath
- ✓ No swelling
- ✓ No weight gain
- ✓ No chest pain
- ✓ No decrease in your activity level



- ✓ Your symptoms are under control.
- ✓ Keep taking your medications as directed by your doctor.
- ✓ Weigh yourself daily.
- ✓ Eat foods that are low in salt.
- ✓ Keep all your medical appointments.

**GOAL
WEIGHT:**

YELLOW ZONE: CAUTION!

Yellow Zone Means:

- ✓ Weight gain of 3 or more pounds
- ✓ Coughing more
- ✓ More swelling
- ✓ More short of breath when active
- ✓ Sleeping on more pillows?
- ✓ Anything else unusual that bothers you



- ✓ Your medications may need to be adjusted.
- ✓ **Call your health care professional.**

INSTRUCTIONS: _____

RED ZONE: DANGER!

Red Zone Means:

- ✓ Shortness of breath all the time, even at rest
- ✓ Chest pain that doesn't go away
- ✓ Wheezing or chest tightness at rest
- ✓ Need to sit up to sleep
- ✓ Weight gain or loss of more than 5 pounds
- ✓ Confusion



- ✓ You need to call your physician **RIGHT AWAY.**

PHYSICIAN: _____

PHONE NUMBER: _____

THIS MATERIAL WAS PREPARED BY ARKANSAS FOUNDATION FOR MEDICAL CARE (AFMC), THE MEDICARE QUALITY IMPROVEMENT ORGANIZATION FOR ARKANSAS, UNDER CONTRACT WITH THE CENTERS FOR MEDICARE & MEDICAID SERVICES (CMS), AN AGENCY OF THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES. THE CONTENTS PRESENTED DO NOT NECESSARILY REFLECT CMS POLICY. QB1-CHF.PAD,3-7/10