

# Heart Disease Self-Management Plan

Name \_\_\_\_\_ Date \_\_\_\_\_

Every day:  Weigh yourself in the morning  Take your medications  Eat low salt foods  Balance activity with rest periods

## Green Zone: All Clear



### What this could mean:

- If you have:
- ✓ No shortness of breath
  - ✓ No chest pain or chest tightness
  - ✓ No weakness
  - ✓ Blood pressure less 140/90 (or as directed by your physician)
  - ✓ HbA1c <7% if you are diabetic
  - ✓ LDL <100 mg/dl
  - ✓ Ability to do usual activities

- ✓ Your symptoms are under control
- ✓ Continue to take your medications as ordered
- ✓ Follow healthy eating habits
- ✓ Keep all physician appointments

## Yellow Zone: Caution



### What this could mean:

- If you have **any** of the following:
- ✓ Shortness of breath
  - ✓ Swelling of your feet, ankles, legs, or stomach
  - ✓ Fatigue or lack of energy
  - ✓ Dizziness
  - ✓ An uneasy feeling—you know something is not right
  - ✓ Difficulty breathing when lying down or you sleep sitting up with extra pillows

- ✓ Your symptoms may indicate that you need an adjustment of your medications  
*Call your home care nurse or primary care doctor **and** your cardiologist*

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

Cardiologist: \_\_\_\_\_

Phone: \_\_\_\_\_

Instructions: \_\_\_\_\_

*If you notice a Yellow Zone Caution, work closely with your healthcare team.*

## Red Zone: Medical Alert! Stop and Think



### What this could mean:

- If you:
- ✓ Are struggling to breathe or have unrelieved shortness of breath while sitting still
  - ✓ Have chest pain or heaviness
  - ✓ Have confusion or can't think clearly

- ✓ **You need to be evaluated by a healthcare professional immediately**
- ✓ **Call 9-1-1**
- ✓ **Notify your healthcare provider's office**