## 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: ✓ Your symptoms are under control No shortness of breath Continue to take your medications as ordered No chest pain or chest tightness Follow healthy eating habits No weakness Keep all physician appointments 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 Yellow Zone: Caution What this could mean: If you have **any** of the following: ✓ Your symptoms may indicate that you need an adjustment of your Shortness of breath medications Swelling of your feet, ankles, legs, or stomach Call your home care nurse or primary care doctor and your cardiologist Fatigue or lack of energy Doctor: Dizziness An uneasy feeling—you know something is not right Phone: \_\_\_\_\_ Difficulty breathing when lying down or you sleep Instructions: sitting up with extra pillows Cardiologist: Phone: \_\_\_\_\_ If you notice a Yellow Zone Caution, work closely with your healthcare team. Instructions: What this could mean: Red Zone: Medical Alert! Stop and Think If you: You need to be evaluated by a healthcare Are struggling to breathe or have unrelieved professional immediately shortness of breath while sitting still ✓ Have chest pain or heaviness ✓ Call 9-1-1 Have confusion or can't think clearly Notify your healthcare provider's office **Quality Improvement** This material was prepared by Aging and Disabilities Services and adapted for use with permission by Health Services Advisory Group, the the Medicare Quality Innovation Network-Quality HEALTH SERVICE Improvement Organization for Arizona, California, Florida, Ohio, and the U.S. Virgin Islands, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Organizations Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. Publication No. QN-11SOW-C.3-05162019-01 Sharing Knowledge. Improving Health Care

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