

Congestive heart failure management and prevention plan

Understanding symptoms that lead to heart failure helps you catch problems before they become serious. If you don't act early, fluid can build up in your lungs and body, making it hard to breathe and causing swelling. When you know the signs, triggers, and steps to take, you can act quickly, prevent emergencies, and keep your body working better. This helps you stay safe and out of the hospital. Please speak with a physician about these recommendations and determine the best plan for your health.

Green zone: good ▪ No shortness of breath ▪ No weight gain more than 2 pounds in one day ▪ No swelling in feet, legs, ankles, or abdomen ▪ No chest pain ▪ No other significant symptoms	Actions to stay in the green zone: ▪ Take your medicine every day ▪ Weigh yourself daily ▪ Eat low-salt foods ▪ Follow your fluid limits ▪ Stay as active as able ▪ Keep your scheduled provider appointments ▪ Record your weight and blood pressure
Yellow zone: caution ▪ 3-pound weight gain in one day or 5 pounds in a week ▪ Shortness of breath ▪ You need to sleep upright in a chair ▪ Swelling to the legs, feet, ankles, or abdomen ▪ Dry or hacking cough ▪ Feeling more tired than usual ▪ Feeling uneasy Steps to take if you think you may be heading toward the red zone: ▪ Call the 24/7 Nurse Advice Line ▪ Utilize MDLIVE ▪ Know where the closest urgent care is and hours	Actions to get to the green zone: ▪ Check your weight daily ▪ Take your medicines as prescribed ▪ Take your prescribed medications for fluid gain ▪ Limit salt and fluids ▪ Rest and avoid overexertion ▪ Watch symptoms closely ▪ Record your weight and blood pressure, so you can share with your doctor if needed ▪ Call your doctor if: ▪ Symptoms are getting worse ▪ Your weight keeps going up ▪ You are not feeling better
Red zone: danger ▪ Struggling to breathe ▪ Racing heart rate ▪ Chest pain ▪ Confusion	What to do right away: ▪ Call 911 immediately ▪ Sit upright to help with breathing ▪ Use oxygen if prescribed

Services may be limited. Please review your benefit documents to confirm available services and any costs.

Sources: [heart.org/en/health-topics/heart-failure/what-is-heart-failure](https://www.heart.org/en/health-topics/heart-failure/what-is-heart-failure)

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