

Heart Failure: Partnering in Your Treatment

Bring this sheet with you to your appointment and discuss the following with your doctor.



Understand Your HF How serious is my heart failure? Mild Moderate Severe	 Identify Your HF Needs Am I a candidate for HF cardiac rehab? Yes O No 	l c	Are there any activities that are off imits for me at this time? (List specific concerns you may have, like exercise, sex, housework.)
In what ways does having heart failure increase my health risks?	Are there any remaining tests we need to do to learn more about my heart function? If so, which ones?	- - -	
How likely is it that having HF will worsen the effects of other conditions I may have?	 Explore HF Treatment What are the most important things I can do to manage my HF? 	t 	What treatment options should I be hinking about for managing my HF?
Would any of the following lifestyle changes help me to better manage the progress of HF?	What should I expect in the coming	-	What are my treatment goals at this time?
 Managing weight Eating better Quitting smoking Making other important changes? 	weeks, months or years?	-	



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Should I be tracking and reporting my symptoms to you? Yes (instructions below)



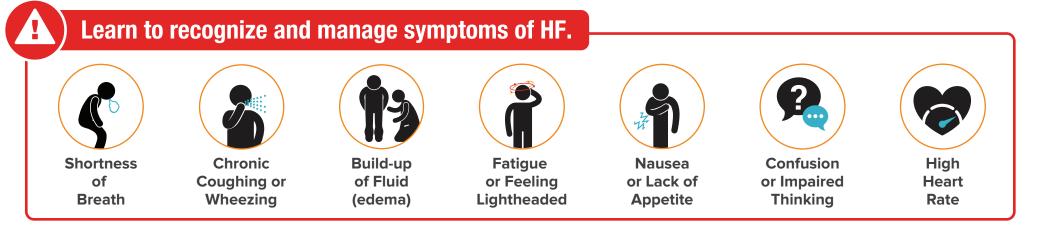
What symptoms or problems would you want me to notify you about?



Will I be taking a medication for HF?

What do we hope the medication(s) accomplish?

What will be the likely result if I don't take it?





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