

# Congestive Heart Failure (CHF)

## Action plan

Doctor and Phone Number: \_\_\_\_\_

Pharmacy and Phone Number: \_\_\_\_\_

### Recommendations:

- Continue taking daily medications.
- Balance activity with rest.
- Avoid smoking and alcohol.
- Eat low-fat, low-sodium, high-fiber foods.
- Weigh yourself every morning on the same scale with approximately the same amount of clothes.

	SYMPTOMS	ACTIONS
I FEEL WELL	<ul style="list-style-type: none"><li>• No shortness of breath</li><li>• No chest pain</li><li>• No swelling</li><li>• No weight gain</li><li>• Able to do daily activities</li></ul>	<ul style="list-style-type: none"><li>• Continue with the recommendations above.</li></ul>
I FEEL WORSE	<ul style="list-style-type: none"><li>• Increased shortness of breath</li><li>• Increased swelling in ankles, legs, or feet</li></ul>	<ul style="list-style-type: none"><li>• Call your doctor if you have one or more of these symptoms.</li><li>• A change in your medications may be needed.</li></ul>
I NEED URGENT MEDICAL CARE	<ul style="list-style-type: none"><li>• Shortness of breath that won't go away, even at rest</li><li>• Wheezing or chest tightness at rest</li><li>• Chest pain that won't go away</li><li>• Gained or lost more than five pounds in two days</li><li>• Need to sit in a chair to sleep</li></ul>	<ul style="list-style-type: none"><li>• Get help <b>now</b>.</li><li>• Call your doctor and describe your symptoms. A change in your treatment plan is needed.</li></ul>



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-329-2792 (TTY 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-329-2792 (TTY 711)。