



# Living Well with Heart Failure

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# Advocate Health: The LiveWell Experience

## LiveWell with Advocate Aurora Health

LiveWell provides a simplified way to manage your health and wellness.

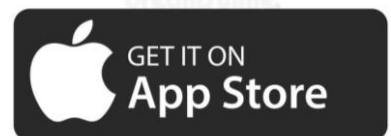
From app to laptop, patients now have one LiveWell experience everywhere.

LiveWell helps you stay connected to your care, anytime and anywhere. And as you're managing health and wellness for yourself and your family, you'll find the same great features – whether you're on your computer, tablet or smartphone.

With LiveWell, you can:

- **Message your doctor**
- **Manage your appointments**
- **Practice guided meditation**
- **Find healthy recipes**
- **View current medications**

**LiveWell**



# Goals of Heart Failure Care & Your Health Care Team

## Goals of heart failure care

There are three main goals for your heart failure care:

- 1) Understanding your treatment
- 2) Managing your medications
- 3) Finding and maintaining lifestyle changes that will work for you. This will improve how you feel and help you live well at home

## Who is your health care team?

**YOU** are an important part of your own care team. Be active in your own health care. Don't be afraid to ask questions. The more you participate in your care while in the hospital, the better you will be at caring for yourself when you return home.

**Your team is here to help you!**



If you have any questions about heart failure or about information in this booklet, please ask your health care team. There are also additional resources at the back of this booklet to learn more about heart failure. If you have any questions when you get home or are unsure of what to do, contact your health care team.

# What is Heart Failure?

## What is heart failure?

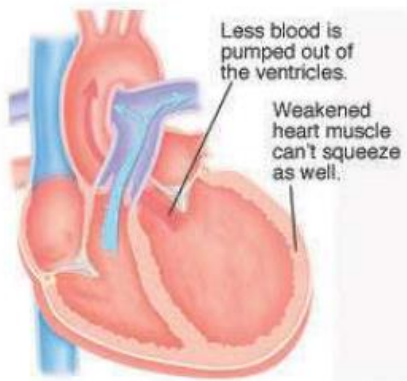
Heart failure is a condition where the heart cannot pump enough blood to meet the needs of the body.

Heart failure does get worse over time and will not go away. Symptoms can be controlled by working together with your health care team.

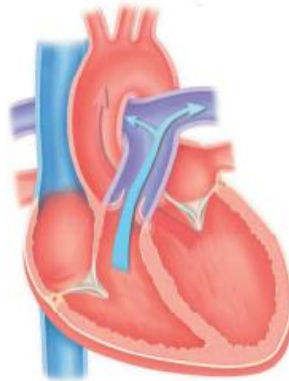
## Types of heart failure

- The heart is not strong enough to pump – systolic heart failure  
OR
- The heart cannot fill with enough blood – diastolic heart failure

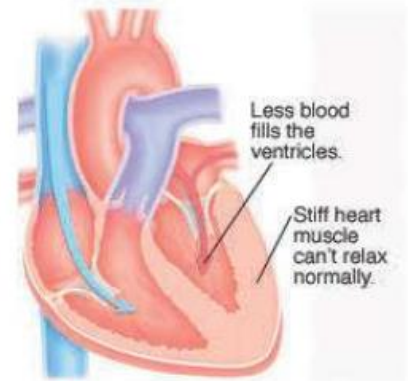
**Systolic Heart Failure**



**Normal Heart**



**Diastolic Heart Failure**



*Images courtesy of © 2018 The StayWell Company, LLC*

# What is Ejection Fraction?

## What is Ejection Fraction?

Ejection fraction is a health measure similar to blood pressure or heart rate. It can tell you or your health care team how well your heart is working. It estimates how much blood your heart (specifically the left ventricle) is able to squeeze out to your body with each heartbeat.

Your ejection fraction, or EF for short, is given as a percentage. If the squeezing is weak, not enough blood will be pumped to the body with each beat. This type of heart failure is with “reduced” EF. But not everyone has a low EF.

You may have a “preserved EF” that can be within the normal range (50% to 70%) and still considered to be in heart failure because the heart muscle is stiff and unable to relax normally.

It is important to review your results with your physician. You cannot go on the numbers alone.

## What do the numbers mean?

50-70%	Normal ejection fraction
41-49%	Borderline
40% or less	Low (someone is said to be “in heart failure”)

When EF is low, it means your tissues receive less blood and oxygen. As a result, they are unable to work properly. That is why activities such as walking, climbing stairs and carrying objects become more difficult.

Tests that measure EF include:

- Echocardiograms
- MUGA scans
- Cardiac catheterization
- Nuclear stress tests

# While You are in the Hospital: What to Expect

## What to expect during your hospital stay for your heart failure

When you have heart failure, there may be many new things you need to learn to manage your heart failure. While you are in the hospital, the health care team will be helping you with your care and teaching you how to stay healthy when you get home.

### Your medications

You will be given medications to help your heart work better and to remove the extra fluid in your body. Be sure you understand what these medications do and how to take them. Ask your health care team if you have questions about any of your medications.

**Tip: Having your prescriptions filled before you leave the hospital will make it easier for you to continue the right medications when you get home. Ask your health care team about how to get your prescriptions filled before you leave.**

*Be sure to take your medications every day, every dose.*

### Diet and limiting your fluids

Salt can cause your body to hold water which will make your heart work harder. Reducing salt and limiting fluids are ways you can get rid of extra water in your body so you can start to feel better.

While you are in the hospital, you will likely be on a low salt diet, and you may also need to limit how much fluid you drink. By eating less salt, you may be able to:

- Decrease swelling in your legs and stomach
- Improve your breathing
- Decrease feelings of fullness (bloating)
- Control high blood pressure

**Even after you leave the hospital, lowering salt in your diet should become a life-long habit.**





# While You are in the Hospital: What to Expect (continued)

## Staying active

The heart is a muscle that needs exercise to stay healthy and strong. It is important to keep moving even while you are in the hospital! Staying active will help you feel better and get stronger.

Talk to your health care team about your activity levels. They can help you make a plan.

A few ways to stay active while you are in the hospital may be:

- Sitting up for every meal
- Work with therapy: Physical Therapy, Occupational Therapy, and Cardiac Rehab may be ordered by your doctor

## Tracking your weight every day

Keeping track of your weight every day is very important when you have heart failure. A sudden weight gain means your body is holding extra water.

Tracking your weight will be done one time every day:

- First thing in the morning
- Before getting dressed
- Before eating or drinking
- After you urinate (“pee”)

## Measuring your input and output in the hospital

While in the hospital, we will be measuring all of the liquids that you drink.

Liquids include: water, soda, juice, coffee, tea, milk, soup, ice cream jello, ice

We will also be measuring the amount of urine you make. You will need to urinate in a urinal or “hat” placed in the toilet so that we can measure correctly.

Please tell a caregiver if you drink extra fluids.

Please call a caregiver after you urinate so that your urine can be measured and emptied.



# While You are in the Hospital: What to Expect (continued)

## Checking symptoms

Your health care team will be asking you questions often about the heart failure signs and symptoms that brought you into the hospital. Our goal in asking these questions is to make sure the symptoms that brought you into the hospital are getting better.

These signs and symptoms we will ask you about may include:

- Shortness of breath or trouble breathing
- Feeling tired
- Swelling – in your hands, legs and feet, or stomach
- Recent changes in your weight
- Difficulty doing daily activities such as bathing, walking, talking or eating
- Problems with sleeping
- Chest pain or pressure at rest and/or with activity
- Problems with eating – feeling of fullness, loss of appetite
- Skin problems – cold skin, sores that will not heal

We will be looking to see that these signs and symptoms are going away before you leave the hospital.



# Home Care Plan

## What you will need to do when you get home

1. **Take your medications every day, every dose**
2. **Eat less salt**
3. **Limit your fluid intake**
4. **Keep active daily**
5. **Weigh yourself daily** (NOTE: If you have a weight gain of 3 or more pounds in 1-2 days, or 5 or more pounds in 1 week, call your doctor immediately)
6. **Use your “Stoplight Action Plan”**
7. **Follow up with your health care team**

## Taking your medications – every day, every dose

Heart Failure can be controlled with medications. It is important to take your medications correctly. This will help your heart pump better and can make you feel better and live longer.

- Take each of your medications every day at the right times
- **Do not skip doses** of your medications, even when you feel good
- Ask your pharmacy or doctor about refills *before* you run out
- If you think you are having side effects from your medications, do not stop taking them. Call your doctor’s office right away about your concerns

If you are having trouble paying for your medications, talk to your health care team.



# Home Care Plan: Taking Your Medications

## Taking your medications – every day, every dose

Have a plan on how to take your medications when you get back home. Talk to your health care team for some ideas. Here are a few:



- Keep an accurate and up to date list of medications with instructions for how to take and when to take them
- Pill box
- Other method \_\_\_\_\_

**Tip:** It is important to bring all your prescription and over-the-counter medication bottles for review to your clinic visits. Be sure to contact your doctor if you need refills or cannot access your medication at the pharmacy.

## Know your heart failure medications

### Diuretic (water pill)

Diuretics help get rid of excess water (fluid build-up) in your body through urination (“pee”). This makes it easier for your heart to pump. There are several options:

- Furosemide (Lasix)
- Bumetanide (Bumex)
- Torsemide (Demadex)

**My Diuretic pill:** \_\_\_\_\_

### Beta-blocker

Beta blockers slow down heart rate, lower blood pressure and may reverse some of the heart damage. The beta blockers used for heart failure are:

- Carvedilol (Coreg)
- Metoprolol succinate (Metoprolol XL, Toprol XL)
- Bisoprolol (Zebeta)

**My Beta blocker pill:** \_\_\_\_\_

# Home Care Plan: Taking Your Medications

## Know your heart failure medications *(continued)*

### Angiotensin II receptor blocker neprilysin inhibitor (ARNI)

(Note: To help decide if an ARNI is right for you, talk to your health care provider)

OR

### Angiotensin-converting enzyme inhibitors (ACE inhibitors)

OR

### Angiotensin II receptor blockers (ARBs)

ACE inhibitors and ARBs widen and relax blood vessels and make it easier for the heart to pump. They also lower blood pressure.

ARNI:	ARBs:	ACE inhibitors:
Sacubitril/Valsartan (Entresto)	Candesartan (Atacand) Irbesartan (Avapro) Valsartan (Diovan) Losartan (Cozaar)	Lisinopril (Prinivil, Zestril) Captopril (Capoten) Enalapril (Vasotec) Ramipril (Altace) Quinapril (Accupril)

My ARNI, ACE inhibitor or ARB pill: \_\_\_\_\_

### Mineralocorticoid receptor antagonists (MRA)

These medications lower the amount of sodium and water your body holds on to. These medications work by blocking the harmful effects that narrow the blood vessels, causing the body to hold salt and water. It also helps your body hold on to potassium.

- Spironolactone (Aldactone)
- Eplerenone (Inspra)

My MRA pill: \_\_\_\_\_

# Home Care Plan: Taking Your Medications

## Know your heart failure medications *(continued)*

### Sodium-glucose cotransporter-2 (SGLT2) inhibitor

SGLT2 inhibitors help prevent hospitalization and death in heart failure patients with OR without diabetes. It may also help with blood sugar control, weight loss, blood pressure and fluid levels, which means less stress on the heart and kidneys.

- Empagliflozin (Jardiance)
- Dapagliflozin (Farxiga)

My SGLT2 inhibitor pill: \_\_\_\_\_

### Add-On Therapies:

#### Sinoatrial node inhibitor

This medicine slows heart rate and reduces the amount of work needed for your heart to pump blood through your body.

- Ivabradine (Corlanor)

#### Hydralazine and Isosorbide Dinitrate

This combination may help to relax blood vessels to make it easier for the heart to pump.

- Hydralazine with Isosorbide Dinitrate (Bidil)

**Note:** Many herbals, supplements and over the counter medications (such as ibuprofen, Advil, naproxen, Aleve, pseudoephedrine or phenylephrine) may worsen heart failure. Please talk to your health care team prior to starting any new products.

# Home Care Plan: Eating Less Salt

## Eating less salt (sodium)

Eating too much salt (sodium) can make your body hold water. This makes your heart work harder to pump blood through your body. This fluid build-up can cause shortness of breath, as well as swelling in your feet, legs, hands and stomach.

Your health care provider may ask you to limit how much salt (sodium) you eat to less than 2000 milligrams (mg) each day. Aim for 500-700 mg of sodium per meal.

Most foods contain salt (sodium) and most Americans eat 4000-5000 mg of salt per day in their daily diet.

## Some ways to eat less sodium

- Remove the salt-shaker from the table and do not add salt to food when you are cooking
- Add flavors to your food without adding sodium:
  - lemon juice, lime juice or vinegar
  - dry or fresh herbs like basil, bay leaf, dill, rosemary, parsley, sage, dry mustard, nutmeg, thyme and paprika
  - pepper, red pepper flakes, cayenne and hot sauce can add spice
  - buy a sodium-free seasoning blend or make your own
- Read food labels and choose foods that have less than 140 mg (or  $\leq 5\%$ ) of sodium per serving**
- Cook meals at home – whether it's you or your caregiver, you will have more control over how much sodium is in your dish
- Limit dining out to 1 time per week or less and prepare before you go (check online for nutritional information for the meals you are considering)
- If you do eat out at a restaurant, tell the server that you want your food to be cooked without salt and request salad dressings and sauces to be served "on the side"

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Note: Ask your physician before using any kind of salt substitutes such as No Salt, NuSalt or Morton Salt Substitute**

# Home Care Plan: Eating Less Salt

## Tips for dining out

- Select a restaurant that offers a variety of foods from which you can choose
- Avoid fast food restaurants and those that offer only buffet
- Avoid soups and dishes with breading or sauces
- Limit the use of high sodium condiments such as ketchup, soy sauce, cocktail sauce, steak sauce and gravy
- Avoid high sodium foods on salad bars such as pickles, olives, cheese, ham and prepared salads

## Sample menu

Here is a sample menu for a 2000 mg sodium diet:

Breakfast	Lunch	Dinner
Orange juice (1/2 cup) Whole-grain cereal (3/4 cup) Banana (1) Whole wheat toast (2 slices) Unsalted butter (2 tsp) Jelly or jam (1 Tbsp) 2% Milk (1 cup) Coffee/tea	No sodium vegetable soup (1 cup) Unsalted crackers (4) Lean beef patty (3 oz) Hamburger bun (1) Mustard (1 tsp) Low-sodium mayonnaise (1 Tbsp) Tomato (2 slices) Lettuce Fresh fruit salad (1/2 cup) Graham crackers (4) 2% Milk (1 cup) Coffee/tea	Green salad (1 cup) Salt-free vinegar & oil dressing (1 Tbsp) Broiled skinless chicken breast (3 oz) Herbed brown rice (1/2 cup) Steamed broccoli (1/2 cup) Whole grain roll (1) Unsalted butter (2 tsp) Italian fruit ice (1/2 cup) Medium apple (1) Coffee/tea

## Find delicious, low-sodium recipes

The American Heart Association offers a variety of recipes for heart-healthy options. They even have videos to help nurture your cooking skills! Go to [recipes.heart.org](https://www.heart.org/recipes) to find out more.



# Home Care Plan: Eating Less Salt

## Avoid or Limit these high salt foods:

salty snacks, like crackers and chips



breaded or fried foods



processed meats like hot dogs, sausage, bacon and ham



processed cheeses like American or cottage cheese



canned meats and fish



packaged foods like flavored rice or pasta mixes



## Choose these low salt foods:

unsalted popcorn, unsalted nuts or low sodium chips



fresh fruits and vegetables



plain (unseasoned) lean meats, poultry, fish, or low sodium lean lunch meats



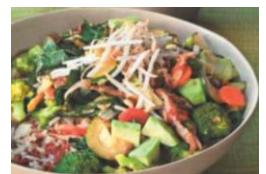
natural cheese in small amounts



fresh fish, unflavored frozen fish, or low sodium water-packed tuna



cook from scratch; make plain rice or pasta and flavor with own herbs and spices



# Home Care Plan: Limiting Your Fluid Intake

## What are fluids?

- Fluids include any food that is **liquid at room temperature**
- Every time you drink (or eat) fluids, it counts toward your total
- Your health care provider may ask you to limit the amount of fluid you drink (or eat) daily
- Ask your health care provider how much fluid you should have each day

My daily fluid intake: \_\_\_\_\_

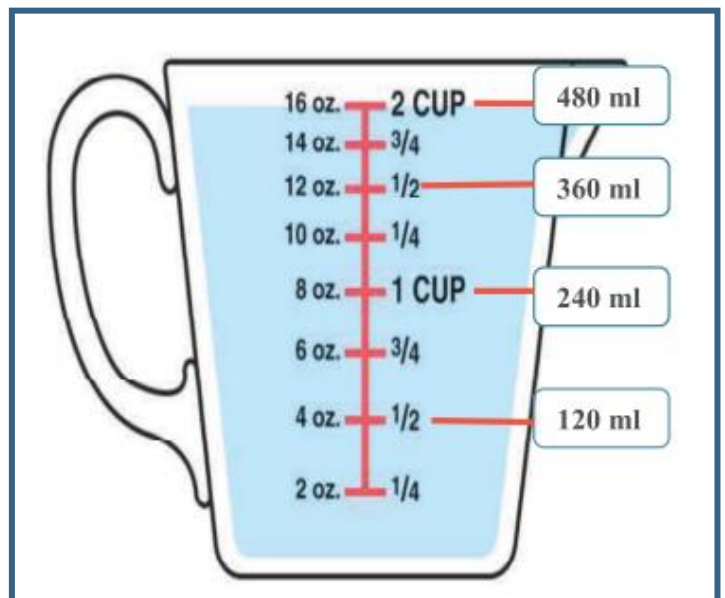
## Examples of Fluids

Water  
Ice Cubes  
Soft Drinks / Soda /  
Juice  
Milk / Cream  
Coffee / Tea  
Broth / Soup  
Ice Cream / Ice Milk /  
Sherbet  
Frozen Yogurt /  
Popsicles  
Jell-O / Gelatin  
Alcohol / Beer / Wine

## 2000 Milliliters (ml) of Fluid

per day is the most  
recommended fluid limit

**2 liters = 8 cups (8-ounce cup) of fluid**



# Home Care Plan: Limiting Your Fluid Intake

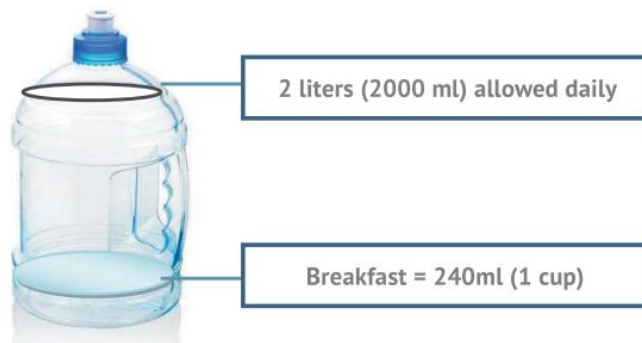
## Limit your fluid intake

You can keep track of the amount of fluid you drink (or eat) in 2 ways:

- 1) Each time you drink some fluid, list the amount you drink. Add it up as you go.  
Example:

Fluid	Amount	ml	Total Fluids
Water with morning pills	¼ cup	60 ml	60
Orange juice	½ cup	120 ml	180
Coffee	1 cup	240 ml	420
Milk with cereal	½ cup	120 ml	540
Low sodium soup for lunch	1 cup	240 ml	780

- 2) Mark a large container with the amount of fluid you are allowed each day. When you have fluids, pour an equal amount of water in the container. Once the container is filled, you have reached your limit for the day.



### Tips to keep you from becoming thirsty:

- limit salty foods
- chew gum
- take pills with applesauce
- avoid hot sun if possible; go out early in the morning or evening

# Home Care Plan: Keeping Active Daily

## Keep active daily

Being more active is one of the best things you can do for heart failure. Keeping yourself active:

- improves your heart and lung health
- increases your strength
- increases your energy to do your daily activities
- controls your blood pressure, cholesterol and diabetes
- improves your range of motion and balance
- helps you lose weight or maintain your weight
- reduces your stress



## Different ways to keep active

- doing chair exercises or marching in place
- walking in your home, around your neighborhood or at the mall
- stretching, yoga classes or dancing to your favorite songs
- using a stationary bicycle
- taking an exercise class or using an exercise video at home
- swimming or doing water exercises
- joining a heart rehab program in your area

# Home Care Plan: Keeping Active Daily

## Keep active daily

Check with your health care team before starting any new activity

Start by doing an activity for **5-10** minutes on most days of the week

As it becomes easier, **slowly add more minutes of activity at a time** until you reach a goal of 30 minutes or more

Plan your activity at a time during the day when you are feeling your best

Staying active with a friend or partner can make exercise more enjoyable

**Stop activity** and call your health care team if you feel:

- Lightheadedness or dizzy
- Shortness of breath that is worse than normal or does not improve with rest
- Unusual pain or discomfort

**Call 911 right away if you have:**

- chest pain, pressure, tightness, heaviness or squeezing
- unusual aching in your arms, shoulder, jaw, neck or back
- fainting or blackout spell
- heart pounding, skipping or racing along with feeling dizzy, lightheaded, pain in the chest or nausea



# Home Care Plan: Weighing Yourself Daily

## Weigh yourself daily

Use the Daily Weight Tracker in this booklet to keep track of your weight on a daily basis.

If you have a weight gain of 3 or more pounds in 1-2 days or 5 or more pounds in 1 week, call your doctor immediately.

### Remember!

Tracking your weight will be done one time every day:

- first thing in the morning
- before getting dressed
- before eating or drinking
- after you urinate (“pee”)



### Tip:

After weighing yourself, write down your weight on the Daily Weight Tracker (on the next page) or a calendar. Then go to your Stoplight Action Plan (page 22) to review your symptoms and follow any actions needed.



# Home Care Plan: Your Stoplight Action Plan

Put this sheet on your refrigerator to remind yourself to check your symptoms daily.

## SYMPTOMS

## ACTION

- No change in symptoms
- No coughing or wheezing
- Breathing is good
- Usual strength and activity
- Weight is stable

**GREEN:**  
Good to Go

**Stay on your plan**  
**Stay active**

- Gaining weight of 3 or more pounds in 1-2 days or 5 or more pounds in 1 week
- Sleeping sitting up with more pillows or in a chair
- Coughing at night
- Swelling in your ankles or any part of your body
- Having pain or bloating in your stomach and lose your appetite
- Losing weight of more than 5 pounds in 2 days
- Becoming tired faster or feel yourself losing energy
- Having worsening shortness of breath
- Wheezing (noisy breathing)
- Having side effects from your pills

**YELLOW:**  
Caution

**If you have any of these symptoms:**

**Call your health care provider within 24 hours - even on weekends & holidays**

Have your medication list ready  
Have your pharmacy number ready

Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Pharmacy Phone \_\_\_\_\_

- Cannot catch your breath
- Pain or tightness in your chest
- Dizzy or feel faint
- Feel anxious or like something very bad will happen

**STOP**

**STOP what you are doing and call 911**

If you have any questions or are unsure of what to do, call your health care provider.





# Additional Resources: Heart Failure Clinics

## Heart Failure Clinics – their importance to your health

Heart Failure Clinics provide specialized, multidisciplinary care and education for patients diagnosed with heart failure. The focus is to help patients better understand their condition, manage their health, and prevent hospitalizations.

Outpatient clinics provide convenient and easy access to care and partner with patients and their families to best manage their condition with regular follow-ups. Clinicians in AAH Heart Failure clinics work closely with, and supplement the care received from, patients' physicians.

### Patients learn how to control their heart failure through:

- Understanding the diagnosis and controlling symptoms
- Reviewing and managing their medication
- Making dietary and lifestyles changes

We strive to help patients achieve the fullest recovery from heart failure to prevent setbacks or hospitalizations.

**IMPORTANT:** Advocate Aurora Health offers many support services for patients who have been diagnosed with heart failure. It is likely that you will hear more about them through your Heart Failure clinicians, including *Helping Hearts at Home*, *Cardiac Rehabilitation*, *Palliative Care* and *Hospice Care* – just to name a few. Be sure to ask about these resources during your appointment if you are interested in learning more.

*Ultimately, our goal is to help you live well with heart failure.*

Clinic location: \_\_\_\_\_

Clinic phone number: \_\_\_\_\_

Scheduled appointment date/time: \_\_\_\_\_

Other notes/comments: \_\_\_\_\_



# Additional Resources: Health at Home Options

## Helping Hearts at Home

Helping Hearts at Home is a heart failure management program that strives to empower patients to take a more active role in their care by identifying barriers to their health and encouraging behavior changes that can lead to healthier lifestyles. This program includes care coordination and symptom management following the American Heart Association guidelines for pharmacology, nutrition and disease management. Virtual health monitoring is also a standard part of care that patients receive. Talk to your health care team if you are interested in learning more about Helping Hearts at Home for your recovery.

## Advanced Care at Home

Advanced Care at Home provides an extra layer of support during the treatments you are receiving for your illness. It helps with symptom and disease management, connects you and your family/caregivers to helpful resources, and helps you understand your medical condition and choices for medical care. It can be provided at any time during your curative treatment, especially if you are placing frequent calls to your physician or advanced practice clinician or making multiple trips to the emergency department.

If you have questions about Advanced Care at Home, talk to your care manager or call:

**Illinois:** 630-571-8990

**Wisconsin:** 414-328-4580 *(only available in the Greater Milwaukee area)*



Advocate Health Care®



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# Additional Resources

## The Karen Yontz Women's Cardiac Awareness Center

Heart disease can happen at any age, but it tends to increase in women around or after menopause. By visiting the Karen Yontz Center, located in Milwaukee, WI, you can speak with a health professional about your risk for developing cardiovascular disease and develop a plan to get and keep your heart healthy for a long time. The healthcare professionals at the Karen Yontz Center are available to answer questions and offer information and guidance on nutrition, fitness, and other healthy lifestyle topics.

For more information about the center and services provided, visit their website at [www.karenyontzcenter.org](http://www.karenyontzcenter.org) or call **414-649-5767**.

## The American Heart Association (AHA)

To help you manage your Heart Failure symptoms and reach your treatment goals, the American Heart Association offers a FREE Interactive Heart Failure Workbook online, "Healthier Living with Heart Failure". This workbook is accessible through your smart phone, using the QR code to the right.

1. Open the camera app
2. Focus the camera on the QR code by gently tapping the code
3. Follow the instructions on the screen to complete the action



You can also explore the guide by visiting their website at <http://ahaheartfailure.ksw-gtg.com/>

# Additional Resources

## Learn more about heart failure

Several other resources are also available to better understand heart failure and how to manage your health.

- **Heart Failure Society of America (HFSA)** at [www.hfsa.org](http://www.hfsa.org) offers patient information about heart failure, patient tools, patient webinar series and upcoming patient events
- **Sit and Be Fit** is a nationally televised chair exercise program available on Public Service TV stations. (DVDs are also available) Go to [www.standandbefit.org](http://www.standandbefit.org) to learn more.

## Other AHA Resources

- **HF Helper:** a new self-management app that empowers you to better manage and live with your condition. HF Helper enables users to track symptoms, medications and other health metrics and share health information with your care team. Go to: [www.heart.org/hfhelper](http://www.heart.org/hfhelper) to download the app
- **Find Help:** Use this tool to search for information on free or reduced cost community resources in your area, like food, transportation, medication assistance and much more by entering your zip code: [www.heart.org/findhelp](http://www.heart.org/findhelp)
- **Mended Hearts - Welcome Home:** Although we know you will be glad to be out of the hospital, it can be overwhelming. Sign up for the 12-week emotional support email and phone call program and obtain help with the transition. Sign up today by going to: <https://www.myheartvisit.org/hospital-to-home-application>
- **Support Network:** Dealing with a heart condition can be complex and AHA's community of survivors and caregivers will help to keep you going no matter the obstacles. Join the support network today by visiting: [www.heart.org/supportnetwork](http://www.heart.org/supportnetwork)

