

ZONE EDUCATION - CORONARY ARTERY DISEASE



P3 Health Partners is a health population management group founded and led by physicians who want to shift the industry's focus from managing illness to cultivating wellness. Our job is to make sure you get the attention and care you deserve when you need it most.

Each of these Zones identifies the symptoms to be aware of to help manage your Coronary Artery Disease. Use this guide to monitor and recognize the signs of Coronary Artery Disease and understand what actions to take to improve your health.

Patient Name: _____ Date of Plan: _____

Provider Name: _____ Provider #: _____

P3 Care Management Team: _____

Emergency Contact: _____ Emergency Contact #: _____

DAILY CARE

Step 1: Take all your medications as prescribed.

Step 2: Notify your Primary Care Provider if you identify changes in your weight or blood pressure, swelling or pain in your abdomen or chest.

Step 3: Choose a meal plan that includes bright colored fruits/vegetables and whole grains. Limit sweets, focus on heart healthy foods that are low in fat and sodium.

Step 4: Check with your primary care provider before starting any new exercise program. Aim to get 30 minutes of physical activity most days of the week (some is better than none).

Medication	How Much	When



GREEN ZONE

Keep up the good work! Your symptoms are controlled and:

- You are making healthy food choices and tolerating normal activity
- You are breathing without difficulty
- You are taking your medications as prescribed
- Your weight is stable and you have no swelling



YELLOW ZONE: CAUTION

This is a Warning Zone if you are experiencing any of the symptoms below:

- Have more frequent episodes of chest pain or pressure, even if relieved by medication
- Have shortness of breath with exertion
- Have swelling of your feet, ankles, legs, or stomach
- Feel dizzy, unusually tired, or that something is just not right



If your symptoms do not go away, call your Primary Care Provider or P3 Care Management Team at: () _____

RED ZONE: EMERGENCY

If you are experiencing ANY of the symptoms below, call 911 or go to the Emergency Room.

- Pain, tightness or heaviness/pressure in chest, neck, jaw, arms, back or shoulders not relieved by your angina medication
- Nausea, dizziness, short of breath or cold sweat
- Shortness of breath at rest

