

ZONE EDUCATION - CONGESTIVE HEART FAILURE



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 Congestive Heart Failure. Use this guide to monitor and recognize the signs of Congestive Heart Failure 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: Weigh yourself every morning:

- After passing water (urinating)
- In the same clothes
- Using the same scale that is placed on hard flooring, not on a rug
- Before eating or drinking

Step 2: Write down your weight, then:

- Check to see if you gained 2 pounds since yesterday
- Check to see if you gained 3-5 pounds in the last 7 days

Step 3: Check for swelling in your feet, ankles, legs and stomach.

Step 4: Take your Preventative Medications daily:

Medication	How Much	When



GREEN ZONE

You are in the clear. Keep up the good work!

Your symptoms are controlled and you have:

- No shortness of breath
- You did not gain 2 or more pounds since yesterday
- You did not gain 3-5 pounds in the last 7 days
- Swelling in your feet, ankles, legs, and stomach has not increased



YELLOW ZONE: CAUTION

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

- Have shortness of breath
- Find it is harder to sleep lying flat or need more pillows
- Gained 2 pounds or more since yesterday
- Gained 3-5 pounds in the last 7 days
- Have more swelling of your feet, ankles, legs, or stomach
- Have increased coughing
- 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.

- Shortness of breath while resting
- Unrelieved chest pain
- Have an Internal Cardioverter Defibrillator (ICD) and you are shocked more than twice

