



Talk with your healthcare provider.

My ejection fraction (or EF) _____

Date: _____

<p>Under 40%</p> <p>may have evidence of heart failure (HF), heart valve disease or cardiomyopathy.</p>	<p>41% to 49%</p> <p>may be considered "borderline" but does not always indicate that a person is developing heart failure.</p>	<p>Between 50% - 70%</p> <p>Between 50% to 70% is considered a normal ejection fraction. However, there is a type of HF with an ejection fraction over 50.</p>
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? Questions to ask your healthcare provider:

Does my low EF have a specific cause I should know about?	What action steps are most likely to help me improve my low EF?	Can medication improve my EF?	Are there treatments for my related condition(s)?

Should I use a symptom tracker? If yes, download My HF Path app or see resources at heart.org/RiseAboveHF



Treat any known causes of heart failure.

+ Am I getting treated for any of these HF-related conditions? Check all that apply.

- | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| High Blood Pressure | Diabetes | Metabolic Syndrome | Heart Valve Disease |

Other: _____



Get the right amount of physical activity.

Exercise options to discuss with your healthcare provider:

What exercises are safe for me to do?	What intensity should my workout be? (Low - Med)	How often and for how long should I exercise each week?	Are there exercises I should avoid?



Pay attention to your weight.

My current weight _____

My target weight _____

I should recheck my weight _____ time(s), each _____ (day | week | month)

Date	Weight	Date	Weight	Date	Weight	Date	Weight	Date	Weight



Know your sodium limits and regulate fluids.

My daily recommended sodium limit is _____ mg/day.

(1/4 teaspoon salt = 575 mg sodium)

Recommendations for sodium management: Discuss and check all that may help you.

Read product labels Use a salt substitute Track intake each day Discover new recipes



Eliminate harmful substances.

Talk with your provider if you need resources to help you: Check all that apply.



Eliminate or Reduce Alcohol



Quit Smoking



Stop Using Cocaine or Amphetamines



Lower your stress.

Ask your healthcare provider:

Stress management strategies I am likely to try:

Do you have any recommendations for stress-management with HF?



Increasing daily activity



Connecting with others



Meditating

Plans and ideas

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Find more resources at heart.org/RiseAboveHF

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