

Understand Your HF

How serious is my heart failure?

In what ways does having heart failure increase my health risk?

How likely is it that having HF will worsen the effects of other conditions I may have?

What lifestyle changes will help me better manage the progress of HF?

Explore HF Treatment

What are the most important things I can do to manage my HF?

What should I expect in the coming weeks, months or years?

Are there any activities that are off limits for me at this time?

Identifying Your HF Needs

Am I a candidate for HF cardiac rehab?

Are there any remaining tests we need to do to learn more about my heart function? If so, which ones?

Explore HF Treatment

What are my treatment goals at this time?
