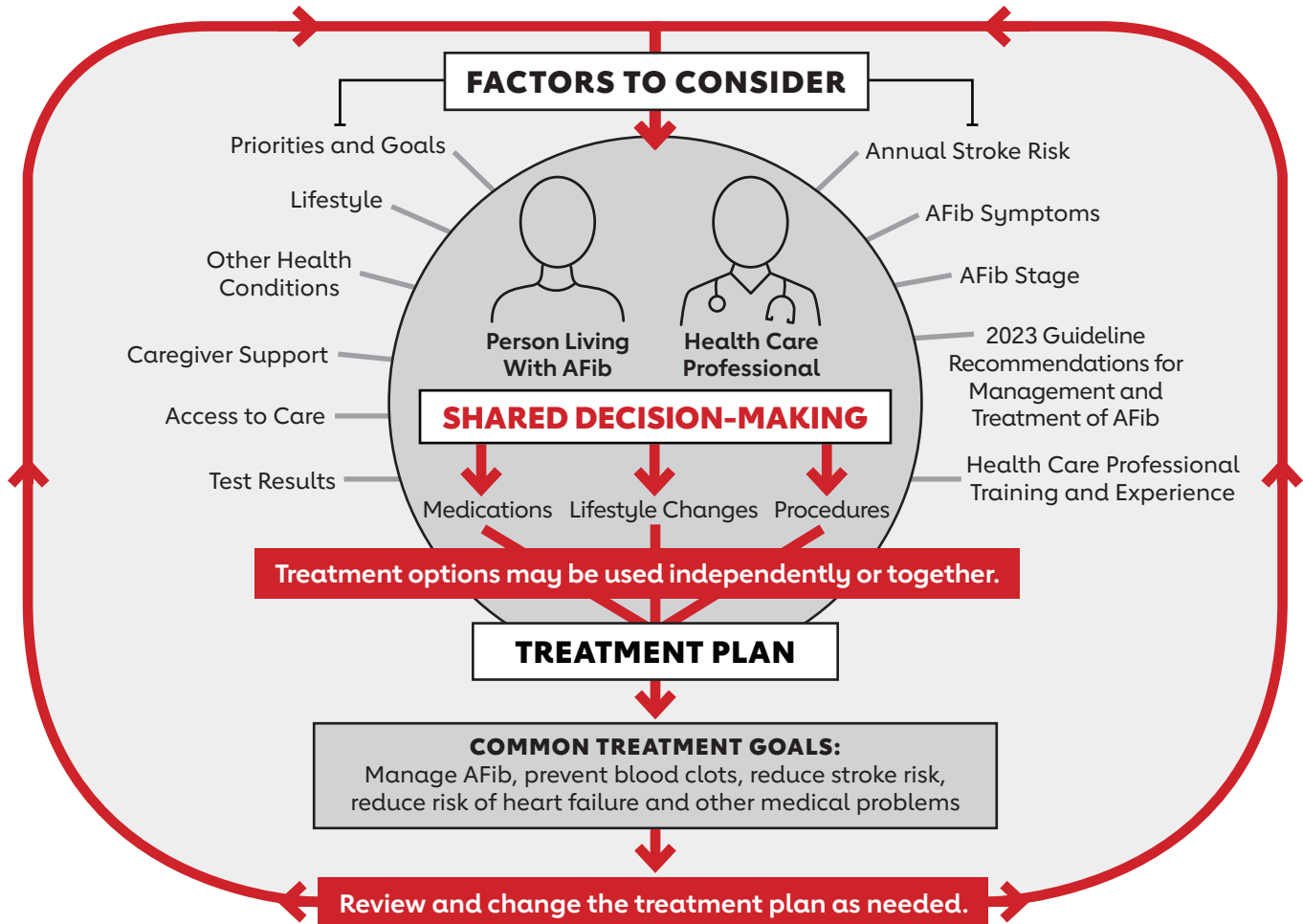


## Shared Decision-Making for People Living With AFib

Managing your atrial fibrillation (AFib) may feel overwhelming, but shared decision-making can help you and your health care professional figure out the best plan for you. **Shared decision-making** is when you (and possibly your caregiver) and your health care professional work together to make choices about your treatment to support your health goals, including the best way to manage your AFib.



### How Shared Decision-Making Can Improve Your Heart Health:

- Improvement in your knowledge and understanding of your AFib
- Greater awareness by your health care team of your priorities and goals
- Increased likelihood of you following through with your treatment plan
- Decreased concerns and feeling unsure about your treatment plan
- Improved cardiovascular outcomes

Visit [heart.org/AFib](https://heart.org/AFib) to learn more about AFib symptoms, treatment options and stroke risk.