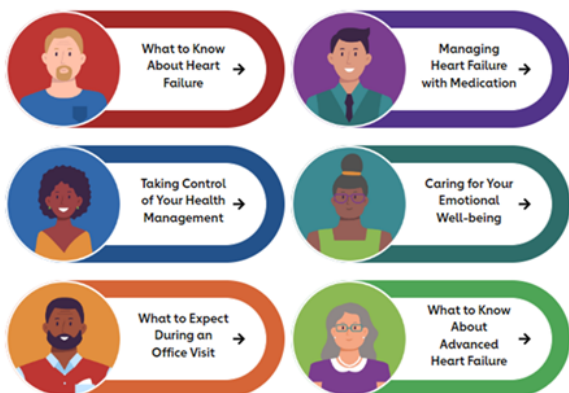


Heart Failure Patient and Caregiver Resource Guide

While there's no cure for heart failure (HF), you can still have a quality life. Heart failure patients and caregivers can **MANAGE**, **CONNECT** and **LEARN** about the condition with American Heart Association resources. Use this guide to choose resources that are best for you.

LEARN about heart failure.



Let's Talk about Heart Failure

Your one stop, heart failure education starts here. Use this learning tool to better understand how medication, treatment, symptoms and more, impact heart failure. Test your understanding throughout the tool with built in quick quizzes and knowledge checks.



- **Heart Failure Care Team Discussion Guide**

This guide features recommended questions for you to ask your health care team and outlines what to expect during appointments.

CONNECT with resources and support while navigating heart failure.

- **Community Resources and Service Connections** You can use this online tool to search for information on free or reduced cost community resources in your area, like food, transportation, medication assistance and much more by entering **your ZIP code at heart.org/findhelp**

MANAGE symptoms and track vital information about heart failure.

- **HF Helper™**

This **brand-new** phone app helps you track daily symptoms, vitals, mood, energy level and more. You can even add your heart failure care team to access your data and monitor your condition while at home. Download today!



Access these resources and more at heart.org/HF.