Talk with your healthcare provider.

My ejection fraction (or EF) ________  Date: ________

- **Under 40%** may have evidence of heart failure (HF), heart valve disease or cardiomyopathy.
- **41% to 49%** may be considered “borderline” but does not always indicate that a person is developing heart failure.
- **Between 50% - 70%** Between 50% to 70% is considered a normal ejection fraction. However, there is a type of HF with an ejection fraction over 50.

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, see resources at heart.org/HF

Treat any known causes of heart failure.

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

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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:

  - Increasing daily activity
  - Connecting
  - Meditating

Find more resources at heart.org/HF

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