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 worse the effects of other conditions I may have?
_____________________________________________
What lifestyle changes will help me better manage the progress of HF?
_____________________________________________

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 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?
_____________________________________________
_____________________________________________

What are my treatment goals at this time?
_____________________________________________
_____________________________________________
_____________________________________________

For more tools and information on managing heart failure visit: www.heart.org/oregonheartfailure