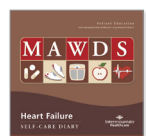


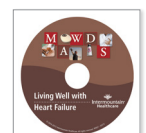
If you've been diagnosed with heart failure, you probably have a lot of questions — and you might be feeling unsure about what lies ahead. That's normal. A heart failure diagnosis takes some getting used to. But the more you learn, the more confident you'll feel about your treatment and your options. This packet was created to give you the information you need to manage your health and communicate with your healthcare providers. It can help you play an important role on your own heart failure treatment team. It contains the following items:



**Living with Heart Failure.** This booklet explains the basics of heart failure — how it works, what causes it, and how it's diagnosed and treated. It also explains how you can manage your heart failure using a plan we call **MAWDS**: managing **M**edications, **A**ctivity, **W**eight, **D**iet, and **S**ymptoms. You'll also learn more about resources to help support you in this journey.



**Heart Failure Self-Care Diary.** This diary helps you follow your **MAWDS** plan. You can use it to track your weight, heart rate, blood pressure, and your heart failure symptom “zone” (green, yellow, or red) every day. It's also a good way to share information with your healthcare provider.



**Heart Failure DVD.** This video teaches you about heart failure and how to manage it, with good ideas to help you along the way.



**Heart Failure Fluid Tracker.** It's important to limit fluids when you have heart failure. This brief tracker helps you keep track of the fluids you take in every day.



**Sodium-Restricted Daily Eating Plan.** Heart failure patients should limit their salt (sodium) to less than 2,000 mg per day. This handout helps you plan delicious meals with less sodium.



**Heart Failure Fact Sheet.** This is a brief summary of the main ideas you need to remember. It's helpful to give to friends or family who want to support you and desire some basic information.

At Intermountain Healthcare, we want to support you as you manage your heart health. If you'd like more information, the following websites will be helpful:

- Intermountain website: [intermountainhealthcare.org/heartfailure](http://intermountainhealthcare.org/heartfailure)
- Heart Failure Society of America: [abouthf.org](http://abouthf.org)
- American Association of Heart Failure Nurses: [aahfnpatienteducation.com](http://aahfnpatienteducation.com)
- American Heart Association: [heart.org](http://heart.org)

We hope these tools and resources help you face the future with confidence.