


HEART FAILURE DAILY CHECKS AND ZONES

Heart failure symptoms can change from day to day. They can get worse without you knowing it. Make time every day to do these checks to **find out if you are in the green, yellow or red zone.** If your symptoms are worse than normal, take the needed action right away.


All clear!
Enjoy your day! 


Do not wait!
Call your healthcare provider. 

Do not wait!
CALL 911,
even if you aren't sure you need to. 



BREATHING CHECK: Walk up a flight of stairs or around your home.
How do you feel?

I feel the same as usual. 


I am a little more winded than usual 

It is hard to breathe or catch my breath. 



WEIGHT CHECK: Compare your weight to your dry weight.
Step on the scale every day. It's best to do this in the morning after you use the restroom. Weigh yourself without clothing or in similar-weight clothing.


My weight is within 3 pounds of my dry weight. 


My weight is 4 or more pounds different than my dry weight. 

My dry weight:



SWELLING CHECK: Check for swelling in your feet, ankles and belly.


I have the usual amount of swelling or none at all. 


I am more swollen than usual. 

I am very swollen. 




ENERGY CHECK: How tired are you?


I am as tired as I usually am. 

I am a little more tired than usual. 

I am very tired. 

CHECK FOR OTHER SYMPTOMS

I feel dizzy
I am using the bathroom more often during the night.
I have a dry cough.
I feel uneasy. I think something may be wrong.
I am not as hungry as usual. 

I have chest pain, and it is new or worse than it usually is.
I feel confused. I can't think clearly.
One or more of my usual symptoms is a lot worse than usual. 

My Heart Failure Healthcare Provider's Name: _____

Phone # _____

CLEVELAND CLINIC HOSPITAL AND CHRONIC CARE CLINICS

Location	Main Phone Number	Heart Failure Center/ Chronic Care Clinic
Akron General Medical Center	330.344.6000	330.344.4243
Amherst Family Health Center	440.282.7420	440.282.7420
Ashtabula County Medical Center	440.997.2262	Cardiac Services 440.997.6614
Cleveland Clinic Main Campus	216.444.2200	216.444.8155
Euclid Hospital	216.531.9000	Cardiopulmonary Dept. 216.692.8730 Chronic Care 216.692.8679
Fairview Hospital	216.476.7000	216.476.7932
Hillcrest Hospital	440.312.4500	440.312.4659
Lakewood Medical Outpatient Center	216.237.5888	216.237.5888
Lutheran Hospital	216.696.4300	216.363.5757
Marymount Hospital	216.581.0500	216.584.4344
Medina Hospital	330.725.1000	330.721.5373
South Pointe Hospital	216.491.6000	216.491.7942
Stephanie Tubbs Jones Health Center	216.767.4242	216.767.4294
Cleveland Clinic Florida-Weston	954.659.5290 Choose Option 3	
Cleveland Clinic Connected Care (home care, home visits, hospice and other services)	216.444.4663	