

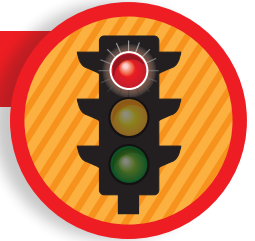
Heart Failure Action Plan



Heart failure can cause changes in how you feel. Catching and treating symptoms of heart failure can help keep you out of the hospital. Use this guide to help you determine if you are on the right track to a healthier heart.

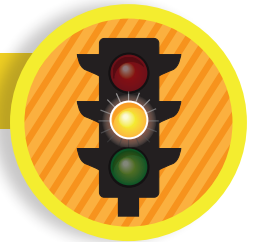
CALL 911 RIGHT AWAY IF YOU:

- Have severe shortness of breath
- Have chest pain or discomfort that does not go away when you rest or take nitroglycerin
- Feel like you may faint or pass out



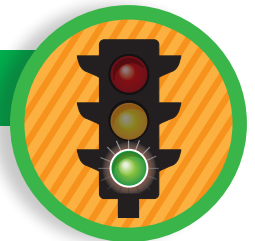
CALL YOUR PROVIDER IF YOU HAVE:

- Trouble breathing or feel short of breath
- To sleep sitting up or propped up with more pillows than usual
- A racing heartbeat or you feel like you might pass out
- Coughed up pink or frothy (bubbly) mucus
- Swelling in your feet, legs, hand or belly
- A cough that won't go away or if your chest feels congested
- Felt more tired than usual or have trouble doing everyday activities
- Lost your appetite or you feel like you might throw up
- Been urinating more often at night



YOU'RE ON THE RIGHT TRACK IF YOU ARE:

- Taking your medicines every day as directed
- Weighing yourself every day at the same time and writing down your weight
- Keeping track of your symptoms each day
- Being active daily and following your low-salt diet
- Quitting smoking and limiting your alcohol intake



These are general guidelines. Please speak to your provider about your specific needs and heart failure action plan.

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).