Care of the Heart
A Special Newsletter for MVP Health Care Members

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Heart Failure Daily Action Plan

Living with heart failure may not be easy. But there are things you can do to feel better, stay healthy longer, and avoid the hospital.

Good self-care means doing certain things every day, like taking your medicine. It’s also about checking for symptoms such as weight gain and swelling. Tracking your symptoms every day will help you know which heart failure zone you’re in. That can tell you when you need to get help.

Your Daily Action Plan

**Weigh yourself** at the same time each day. Keep a calendar by the scale and write your weight on it every day.

**Pay attention** to symptoms such as shortness of breath or swelling in your feet, ankles, or legs.

**Take your medicines** as prescribed. Try to take them at the same time daily.

**Limit sodium.** Your doctor may want you to eat less than 2,000 mg of sodium daily.

**Be active.** But watch for signs that your heart is being stressed and know when to stop and rest.
Check each day to see which heart failure zone you’re in.

**Green Zone**

You are doing well. This is where you want to be.
- Your weight is stable. This means it is not going up or down.
- You breathe easily.
- You are sleeping well. You are able to lie flat without shortness of breath.
- You can do your usual activities.

**Yellow Zone**

Call your doctor. Your symptoms are changing.
- You have new or increased shortness of breath.
- You are dizzy or lightheaded, or you feel like you may faint.
- You have sudden weight gain, such as three pounds or more in two to three days.
- You have increased swelling in your legs, ankles, or feet.
- You are so tired or weak that you cannot do your usual activities.
- You are not sleeping well. Shortness of breath wakes you up at night. You need extra pillows.

Your doctor’s name and contact information:

**Red Zone**

Call 911. This is an emergency.

You have symptoms of sudden heart failure, such as:
- Severe trouble breathing.
- Coughing up pink, foamy mucus.
- A new irregular or fast heartbeat.

You have symptoms of a heart attack. These may include:
- Chest pain or pressure, or a strange feeling in the chest.
- Sweating.
- Shortness of breath.
- Nausea or vomiting.
- Pain, pressure, or a strange feeling in the back, neck, jaw, or upper belly or in one or both shoulders or arms.
- Lightheadedness or sudden weakness.
- A fast or irregular heartbeat.

If you have symptoms of a heart attack:
After you call 911, the operator may tell you to chew one adult-strength or two to four low-dose aspirin. Wait for an ambulance.

Do not try to drive yourself.

MVP has online resources available 24 hours a day to help you take charge of your health.

Make informed decisions about your health by using the Healthwise® Knowledgebase—our online Health Encyclopedia. Curious about the medications you take every day? Visit mvphealthcare.com and select Members, then Health & Wellness. The MVP Healthwise Knowledgebase is your one-stop resource for the latest health information.

MVP Health Care offers a health management program for members living with heart failure. For more information or to see if you qualify, call 1-866-942-7966. MVP’s program is based on the American Heart Association (AHA) and the American College of Cardiology’s Guidelines for Preventing a Heart Attack and Death in Patients with Atherosclerotic Cardiovascular Disease. This program must be coordinated with your physician.

Information in this newsletter does not constitute medical advice. If you have questions about your health, talk to your doctor.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

Contact Us
For more information, call 1-866-942-7966
Monday–Friday, 8:30 am–5:00 pm
TTY: 1-800-662-1220

We value your opinion.
Please fill out a brief, anonymous survey at mvplistens.com. We will use this information to create a better experience for all of our members. All responses are 100% confidential. The survey only takes a few minutes to complete.
Quick Tips for Being Prepared to Talk to Your Doctor

Patients who have good relationships with their doctors are more satisfied with their care and have better results. Here are some tips to help you and your doctor become better partners in improving your health care:

• Write down questions before your visit. List the most important ones first to make sure they get answered.
• Bring an up to date “health history” list with you.
• Always bring any medications you are taking, including over-the-counter, or a list of those medications (include when and how often you take them) and what strength.
• You might want to bring someone along to help you ask questions and remember the answers.
• Find more information and printable forms at mvphealthcare.com.

Source: Agency for Healthcare Research and Quality (AHRQ)

Are you due for important health screenings?
Regular screenings are important to help maintain your overall health. For screenings that are appropriate for your age and sex, visit mvphealthcare.com/preventivecare and talk to your doctor.