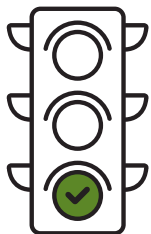
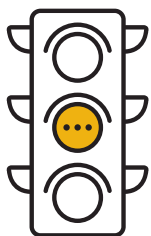


HEALTH SIGNALS FOR HEART FAILURE



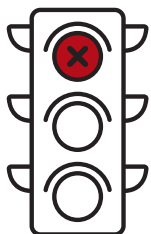
GREEN LIGHT: Good to go if ...

- You feel a little stronger every day
- You are able to perform most usual activities without feeling short of breath
- You regularly avoid salty foods and don't add salt to meals
- There's no swelling in your ankles, feet or stomach
- You weigh yourself at the same time every day and your weight is close to the same daily
- You keep a record of all your weigh-ins
- You take all your medication as prescribed
- Your medication is controlling your symptoms



YELLOW LIGHT: Proceed with caution if ...

- You feel more short of breath with activity
- It is more difficult to breathe when lying down or you find it is easier to sleep upright in a chair
- Your energy level is worse; you feel more tired
- Your weight has increased three pounds in one day or five pounds in one week
- You are coughing more than usual
- You feel dizzy
- Anything else unusual bothers you



RED LIGHT: Stop! Call 911 if ...

- You feel very tired, and can't perform daily activities without resting
- You feel like you can't catch your breath even at rest
- You feel short of breath with every activity
- You need to sit in a chair to sleep or feel like you can't breathe when lying flat in bed
- There is swelling in your ankles, feet or abdomen
- You have pain or discomfort in your chest
- You feel more confused

WAY TO GO

You are doing well!

See page 2 to get tips for staying on this healthy path.

CAUTION

You need to be seen by your primary care provider. Call TODAY and explain your symptoms.

If you need assistance in making an appointment with your primary care provider, please call UniCare Customer Service at 800-442-9300.

STOP

Call 911 immediately if you are having these symptoms.

Go to an urgent care center or emergency room.



PREVENTING FUTURE PROBLEMS WITH HEART FAILURE

Steps you can take:

- Weigh yourself daily at the same time in the same amount of clothing. Record your weigh-ins, and call your doctor or cardiologist if you gain three or more pounds in one day or five or more pounds in one week.
- Take your medication as ordered. Urinating more often means medication is working to rid your body of extra fluid.
- Stay active. Start activity as recommended by your doctor. Walk or perform another activity every day. If you are unable to walk, try chair exercises.
- Eat a healthy diet. The DASH diet, which was designed to lower high blood pressure, may help reduce your risk of heart failure.
- Wear supportive stockings to control swelling in your ankles and feet.
- Avoid alcohol.
- If you smoke, quit. Ask your doctor for help.
- Visit your primary care provider or specialist as recommended.

Know these symptoms of heart failure:

- Weight gain
- Swelling in the ankles, feet or abdomen
- Feeling so tired you are unable to walk or perform usual activity
- Cough
- Shortness of breath
- Having trouble thinking
- Feeling weak or dizzy
- Chest pain or tightness in your chest
- Not being able to lie flat in bed
- Feeling your heartbeat is fast

If you need any additional support or if you have questions, call us at **800-442-9300 (TTY: 711)**. We're open Monday through Thursday from 8:30 a.m. to 6:00 p.m. and Fridays from 8:30 a.m. to 5:00 p.m. You can also email us at contact.us@anthem.com.



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