

# Tips for Managing Heart Failure

## Know when to seek care

Check “*The Warning Signs of Heart Failure*” insert

## Weigh yourself daily

- Same time each day
- Wear same amount of clothing each time you weigh yourself
- Before eating or drinking

## Take medications as prescribed

- Bring an updated list of medications with you to appointments
- Use a pill box to keep track of pills
- Do not stop taking a medication without talking to your provider
- If you miss a dose, talk to your provider about next steps

## Eat a healthy diet

- Avoid salty food, also known as sodium
- Eat less than 1500mg of sodium (salt) a day
- Check labels to track milligrams per serving
- Check our list of foods to avoid and low salt alternatives

## Exercise regularly

- Talk to your provider about the right level of exercise for you
- Start exercise slowly and build in intensity and frequency
- Make sure to stretch before and after exercise to avoid injury
- Avoid exercise in high heat and humidity

## Maintain contact with your healthcare providers

- Use our discussion guide to hit on key topics
- Call our hotline if you experience symptoms: (860) 368-2275

## Avoid tobacco products

- This includes all types of products including cigarettes, pipes, chew, and vape devices
- Avoid secondhand smoke which can be harmful

## Limit alcohol and caffeine



CHF Clinic: (860) 368-2275

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