

HEALTH ENHANCEMENT PROGRAM (HEP)

HEART FAILURE - DID YOU KNOW? CHRONIC CARE COMPLIANCE FORM



Please read the information below and complete the form to be compliant.

Heart failure happens when the heart cannot pump enough blood and oxygen to support other organs in your body. Heart failure is a serious condition, but it does not mean that the heart has stopped beating.

About 5.1 million people in the United States have heart failure. An estimated 400,000 to 700,000 new cases of heart failure are diagnosed each year. Heart failure typically strikes adults over 65.

Heart failure risks include:

- High blood pressure
- Coronary artery disease
- Diabetes
- Being obese
- Smoking tobacco
- Not getting enough physical activity
- Eating foods too high in fat, cholesterol and sodium

If you have heart failure and experience sudden weight gain of 3 or more pounds in 2-3 days you should call your doctor. This type of sudden weight gain can mean more fluid is building up in your body and your heart failure is getting worse.

The symptoms of heart failure may be subtle and are often mistaken for normal signs of aging. Common symptoms of heart failure are:

- Shortness of breath, which can happen even during mild activity
- Difficulty breathing when lying down
- Weight gain with the swelling in the legs and ankles from fluid retention
- General fatigue and weakness

Early diagnosis and treatment can improve quality and length of life for people who have heart failure. Treatment usually involves taking medications, reducing sodium (salt) in the diet, and getting daily physical activity.

Exercise can help improve heart function.

If you have heart failure and experience any of the following:

- New chest pain or discomfort that is severe, unexpected and occurs with shortness of breath, sweating, nausea, or weakness,
- Fast heart rate (more than 120-150 beats per minute, or as directed by your doctor) -- especially if you are short of breath,
- Shortness of breath not relieved by rest,
- Sudden weakness or paralysis (inability to move) in your arms or legs,
- Sudden onset of a severe headache,
- Fainting spell with loss of consciousness,

You should go to your local emergency department or call 9-1-1

Sources: CDC Factsheet, CDC Stats, Healthwise Inc.

Name _____ Email Address _____

EID or Date of Birth _____ Day Time Phone Number _____

Relationship (circle one) - employee spouse dependent

Signature _____ Date _____

By signing, I attest that I have read the fact sheet

Return to CMS representative or fax: 877-687-1449

To learn more go to **CTHEP.com** or call **1-877-687-1448**