

HEALTH ENHANCEMENT PROGRAM

CHRONIC CARE COMPLIANCE FORM

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



Heart Failure - DID YOU KNOW?

What Is Heart Failure?

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. Heart failure is found most often in older people, but it can happen to anyone at any age. It's a serious condition — and also quite common. Many people with heart failure continue to have a full and active life for many years after their diagnosis.

What are the Causes of Heart Failure?

Heart failure can be caused by anything that damages and weakens the heart muscle. While the main cause of heart failure cannot be cured, the symptoms can be managed. Good treatment and self-care can help keep your symptoms from getting worse. Smoking, kidney disease, diabetes, obesity and sleep apnea are all causes of heart failure. The most common known causes of heart muscle damage include atherosclerosis (coronary artery disease), high blood pressure, heart valve problems, and drug and alcohol abuse.

What are the Signs and Symptoms of Heart Failure?

Symptoms of heart failure vary based on the type of heart failure you have. Common symptoms include:

- Shortness of breath
- Cough
- Feeling very tired and weak
- Weight gain (from fluid buildup)
- Swollen ankles, feet, belly, lower back, and fingers
- Puffiness or swelling around the eyes
- Trouble concentrating or remembering

How Do You Care for Yourself if You Have Heart Failure?

You and your doctor or treatment team will work with you to develop a plan to manage your heart failure. To manage your heart failure well, you will need to make some changes to your daily

routines and learn new ways to manage your health. Together, you and your treatment team will decide what those changes need to be and how you can work them into your life.

- Take your medication as prescribed. Water pills can help you manage fluid build-up. Other medicines will help improve your condition.
- Be active in some way, every day.
- Check your weight every day, and write it down. Do this at the same time each day, wearing the same clothes, to better see how your body is changing from day to day.
- If you are a smoker, QUIT SMOKING NOW. Resources to help you quit include "Kick Ash Smoker's Quit Line" 1-800-QUIT-NOW
- Change your diet by eating less than 2,000 milligrams (1 teaspoon) of salt in all foods combined and drinking or eating less than 64 ounces (1/2 gallon) of liquid each day.
- Know your symptoms and when to call your provider for advice

If you have heart failure and experience any of the following you should go to your local emergency department or call 9-1-1:

- 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,

Source: CDC Fact Sheet, American Heart Association

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