

Living with Heart Failure

Resources to help you meet your health goals

Learn about Heart Failure

[Questions for My Physician](#)

What to ask your doctor at your next appointment to be sure you understand how your heart failure diagnosis affects your life and health

[Managing Your Heart Health \(Español\)](#)

Learn about how your heart works, medications for heart failure, lifestyle changes, palliative care, and more

How to Take Your Blood Pressure

[Video: How to Take Your Blood Pressure at Home](#)

Ensure accurate readings at home

Diet and Lifestyle Guidelines

[Healthy Living Resources](#)

Resources from the American Heart Association on diet, exercise, and self-care

Contact your doctor with any questions or concerns