

Bring this sheet with you at your next appointment and discuss the following questions with your physician.



## Understand Heart Failure

### How serious is my heart failure?

- Mild
- Moderate
- Severe

In what ways does HF impact my health?

### What lifestyle factors can help me better manage heart failure?

- Manage weight
- Eat better
- Quit smoking
- Other:



## Identify Your Heart Failure Needs

### Are there any remaining tests we need to do to learn more about my heart failure?

### What activities should I avoid?

### What are the most important things I can do to manage my HF?

### What symptoms or problems would you like me to notify you about?

### What are my treatment goals at this time?

 **Questions About My Medication**

**Will I be taking medication for my HF?**

- Yes
- No

**What do we hope the medication will accomplish?**

**What will happen if I don't take the medication?**

 **Heart Failure Resources**

Learn to recognize and manage heart failure signs, symptoms and more. Refer to these resources:

- **Mount Sinai Heart Failure Overview**  
[www.mountsinai.org/health-library/diseases-conditions/heart-failure-overview](http://www.mountsinai.org/health-library/diseases-conditions/heart-failure-overview)
- **Mount Sinai Heart Failure Signs and Symptoms**  
[www.mountsinai.org/health-library/condition/heart-failure](http://www.mountsinai.org/health-library/condition/heart-failure)
- **Mount Sinai Heart Failure – Medicines**  
[www.mountsinai.org/health-library/discharge-instructions/heart-failure-medicines](http://www.mountsinai.org/health-library/discharge-instructions/heart-failure-medicines)
- **Mount Sinai Heart Failure – Home Monitoring**  
[www.mountsinai.org/health-library/selfcare-instructions/heart-failure-home-monitoring](http://www.mountsinai.org/health-library/selfcare-instructions/heart-failure-home-monitoring)

 **My Notes**

