## Congestive Heart Failure Zones for Management

### Green Zone: All Clear

<table>
<thead>
<tr>
<th>Your Goal Weight:</th>
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- No shortness of breath
- No swelling
- No weight gain
- No chest pain
- No decrease in your ability to maintain your activity level

### Green Zone Means:

- Your symptoms are under control
- Continue taking your medications as ordered
- Continue daily weights
- Follow low-salt diet
- Keep all physician appointments

### Yellow Zone: Caution

If you have any of the following signs and symptoms:

- Weight gain of 3 or more pounds in 3 days
- Increased cough
- Increased swelling
- Increase in shortness of breath with activity
- Increase in the number of pillows needed
- Anything else unusual that bothers you

### Yellow Zone Means:

- Your symptoms may indicate that you need an adjustment of your medications

% Call your physician, nurse coordinator, or home health nurse.
Name: __________________________
Number: _________________________
Instructions: ____________________

### Red Zone: Medical Alert

- Unrelieved shortness of breath: shortness of breath at rest
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Need to sit in chair to sleep
- Weight gain or loss of more than 5 pounds in 3 days
- Confusion

% Call your physician immediately if you are going into the RED zone

### Red Zone Means:

This indicates that you need to be evaluated by a physician right away

% Call your physician right away
Physician: _______________________
Number: _________________________

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Adapted from CMS MedQic Web Site