

THE MORE YOU KNOW, THE MORE YOU CAN DO

TO TAKE THE FAILURE OUT OF HEART FAILURE.



Next to your health care provider, the person with the greatest power to successfully manage heart failure is YOU. Here are a few ways to get started:



LEARN ABOUT HEART FAILURE.

What does heart failure actually mean? How does it affect your body? Find out with easy-to-understand information, diagrams and printable brochures from the American Heart Association.



MAKE THE MOST OF YOUR PHYSICAL ACTIVITY PROGRAM.

If you don't have a program of regular physical activity, ask your health care provider to make recommendations. For exercise diagrams, trackers and tips, visit us online.



GET HELP WITH DIETARY CHANGES.

You can make heart-healthy eating a lifelong habit. The key is following simple tips and finding great-tasting, low-sodium recipes, like the ones we offer online.



KEEP TRACK OF YOUR HEALTH AND YOUR PROGRESS.

Heart 360 is an online tool for tracking your blood pressure, weight, medications, physical activity and more.



SHARE IN NEW BREAKTHROUGHS AS THEY BREAK.

Stay on top of developments in heart failure research and treatment by signing up for free monthly e-newsletters.

Find helpful resources and information

at americanheart.org/heartfailure and americanheart.org/heart360.