

**McLaren Print System Order**

Order No: 87443  
Order Date: 2024-08-02  
User: Brianna Gilbert  
Phone: 810-342-2023

Ship Location: McLaren Flint-9 South- Attn: Bri  
401 S. Ballenger Hwy  
Flint, MI 48532

Brochures  
Quantity: 100  
Paragon Dept No: 9S  
Dept Name: 9 south PCU  
Company Number: 60

Order Total Price: 90.00

Item Number: MHCC-740  
Item Description: HEART FAILURE ZONES Magnet  
Revision Date: 04/2024  
Print:  
Paper:  
Size:  
Fold:  
Finish:  
Drill:  
Poster:  
Misc Info: 4x6 Magnet Bleed



**HEART FAILURE ZONES**  
Which Heart Failure Zone are you today?

<b>EVERY DAY</b>	<ul style="list-style-type: none"><li>• Weigh in the morning before breakfast, and compare it to yesterday's weight</li><li>• Take medicine as prescribed</li><li>• Check for swelling in feet, ankles, legs &amp; stomach</li><li>• Eat low salt food</li><li>• Balance activity and rest periods</li></ul>
<b>THE GOAL: GREEN ZONE</b>	<ul style="list-style-type: none"><li>• Symptoms are under control</li><li>• No shortness of breath</li><li>• No weight gain more than 2 lbs. (It may change 1-2 lbs. some days)</li><li>• No swelling in feet, ankles, legs or stomach</li><li>• No chest pain</li></ul>
<b>CAUTION! YELLOW ZONE</b>	<p><b>Call your doctor's office if:</b></p> <ul style="list-style-type: none"><li>• You have gained 3 lbs. in one day or 5 lbs. or more in one week</li><li>• More shortness of breath</li><li>• More swelling in feet, ankles, legs or stomach</li><li>• Feeling more tired, no energy</li><li>• Dry, hacky cough</li><li>• Dizziness</li><li>• Feeling uneasy, or like something is not right</li><li>• It is harder to breathe when lying down</li><li>• You need to sleep sitting up in a chair</li></ul>
<b>EMERGENCY RED ZONE</b>	<p><b>Go to the E.R. or call 911 if you:</b></p> <ul style="list-style-type: none"><li>• Struggle to breathe. Have unrelieved shortness of breath while sitting still</li><li>• Have chest pain</li><li>• Have confusion or can't think clearly</li></ul>

  
MHCC-740 (Rev. 24)

Spec Info: