

**McLaren Print System Order**

Order No: 87457  
 Order Date: 2024-08-02  
 User: Toni van Dongen  
 Phone: 342-5085

Ship Location: McLaren Flint  
 401 S. Ballenger Hwy, Neuro ICU 2 Central  
 Flint, MI 48502

Brochures  
 Quantity: 50  
 Paragon Dept No: 30125  
 Dept Name: 2c  
 Company Number: 60

Order Total Price: 45.00

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> </ul> <p><i>You need to lie on your side or a chair.</i></p>
<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. 2/2)

Spec Info: Deliver to My office 4South