

McLaren Print System Order

Order No: 91718
 Order Date: 2025-01-20
 User: Janisha Claxton
 Phone:

Ship Location: McLaren Flint 12 south ATTN Janisha Claxton
 401 S Ballenger RD
 Flint, MI 48433

Brochures
 Quantity: 100
 Paragon Dept No: 30180-1075
 Dept Name: 12 south
 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?

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



MHCC-740 (Rev. 2/14)

Spec Info: