

**McLaren Print System Order**

Order No: 91719  
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: 34.10

Item Number: MHCC-740-B  
Item Description: HEART FAILURE ZONES Flyer  
Revision Date: 04/2024  
Print:  
Paper:  
Size:  
Fold:  
Finish:  
Drill:  
Poster:  
Misc Info: 8.5x11 Color SS Bleed 80# Offset Text



**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>Call your doctor's office if:</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>Go to the E.R. or call 911 if you:</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>



Spec Info: