**Green Zone Means:**
- Your symptoms are under control
- Continue taking your medications
- Continue to follow your diet
- Keep your Home Health Nurse appointments
- Keep physician appointments

**Yellow Zone Means:**
- Increased weight (2-3 lbs in one day or 4-5 lbs in the past 5 days)
- Increased cough
- Increased swelling of legs, ankles and/or feet
- Increased shortness of breath with activity
- Chest pain
- Increased number of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you

**Red Zone Means:**
- Unrelieved shortness of breath
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Chest pain not relieved or reoccurs after taking 2 Nitro tablets
- Mental changes

**Notes:**
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Regular exercise helps people live longer.
Your Zone

**GREEN ZONE**
- No shortness of breath
- No swelling
- No weight gain
- No decrease in your ability to maintain normal activity level

**Green Zone Means:**
- Your symptoms are under control
- Continue taking your medications
- Continue to follow your diet
- Keep your Home Health Nurse appointments
- Keep physician appointments

**YELLOW ZONE**
- Increased weight (2-3 lbs in one day or 4-5 lbs in the past 5 days)
- Increased cough
- Increased swelling of legs, ankles and/or feet
- Increased shortness of breath with activity
- Chest pain
- Increased number of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you

**Yellow Zone Means:**
- Your symptoms indicate that you may need an adjustment in your medications
- Call your Home Health Nurse and/or your Cardiologist Summit Cardiology: 217-6944 (24 hours)

**RED ZONE**
- Unrelieved shortness of breath
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Chest pain not relieved or reoccurs after taking 2 Nitro tablets
- Mental changes

**Red Zone Means:**
- This indicates that you need to be evaluated by a physician right away

**Call 911**

Notes: __________________________________________________________
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Bring a list of medications and your weights to your follow-up appointments.
**Green Zone Means:**
- Your symptoms are under control
- Continue taking your medications
- Continue to follow your diet
- Keep your Home Health Nurse appointments
- Keep physician appointments

**Yellow Zone Means:**
- Increased weight (2-3 lbs in one day or 4-5 lbs in the past 5 days)
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- Anything else unusual that bothers you

**Red Zone Means:**
- Unrelieved shortness of breath
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Chest pain not relieved or reoccurs after taking 2 Nitro tablets
- Mental changes

**Medical Alert**
- Call 911

**Caution**
- Call your Home Health Nurse and/or your Cardiologist
  Summit Cardiology: 217-6944 (24 hours)
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Weigh yourself every day.

Month ____________
Unrelieved shortness of breath
Unrelieved chest pain
Wheezing or chest tightness at rest
Chest pain not relieved or reoccurs after taking 2 Nitro tablets
Mental changes

Green Zone Means:
• Your symptoms are under control
• Continue taking your medications
• Continue to follow your diet
• Keep your Home Health Nurse appointments
• Keep physician appointments

Yellow Zone Means:
• Increased weight (2-3 lbs in one day or 4-5 lbs in the past 5 days)
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• Chest pain
• Increased number of pillows needed to sleep or need to sleep in a chair
• Anything else unusual that bothers you

Red Zone Means:
• This indicates that you need to be evaluated by a physician right away
Call 911

Notes:
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Stress doesn’t kill you, but life balance is important.
**Your Zone**

**Green Zone Means:**
- Your symptoms are under control
- Continue taking your medications
- Continue to follow your diet
- Keep your Home Health Nurse appointments
- Keep physician appointments

**Yellow Zone Means:**
- Increased weight (2-3 lbs in one day or 4-5 lbs in the past 5 days)
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- Increased shortness of breath with activity
- Chest pain
- Increased number of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you

**Red Zone Means:**
- This indicates that you need to be evaluated by a physician right away
- Unrelieved shortness of breath
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Chest pain not relieved or reoccurs after taking 2 Nitro tablets
- Mental changes
- Call 911

**Notes:**
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Take your medicine each day, as ordered.
Unrelieved shortness of breath
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Chest pain not relieved or reoccurs after taking 2 Nitro tablets
- Mental changes

Yellow Zone Means:
- Increased weight (2-3 lbs in one day or 4-5 lbs in the past 5 days)
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- Increased swelling of legs, ankles and/or feet
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- Increased number of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you

Yellow Zone Means:
- Your symptoms indicate that you may need an adjustment in your medications
- Call your Home Health Nurse and/or your Cardiologist

Red Zone Means:
- This indicates that you need to be evaluated by a physician right away

Call 911
Smoking and drinking alcohol is unhealthy for your heart.
Your Zone

**GREEN ZONE**
- No shortness of breath
- No swelling
- No weight gain
- No decrease in your ability to maintain normal activity level

**Green Zone Means:**
- Your symptoms are under control
- Continue taking your medications
- Continue to follow your diet
- Keep your Home Health Nurse appointments
- Keep physician appointments

**RED ZONE**
- Unrelieved shortness of breath
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- Mental changes

**Red Zone Means:**
- This indicates that you need to be evaluated by a physician right away

**YELLOW ZONE**
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- Increased number of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you

**Yellow Zone Means:**
- Your symptoms indicate that you may need an adjustment in your medications
- Call your Home Health Nurse and/or your Cardiologist
  Summit Cardiology: 217-6944 (24 hours)

**Notes:**
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Medical Alert

Caution
Eat fresh fruits and vegetables daily. Avoid fried or fast food.
• Unrelieved shortness of breath
• Unrelieved chest pain
• Wheezing or chest tightness at rest
• Chest pain not relieved or reoccurs after taking 2 Nitro tablets
• Mental changes

Yellow Zone Means:
• Your symptoms indicate that you may need an adjustment in your medications
• Call your Home Health Nurse and/or your Cardiologist

Summit Cardiology: 217-6944 (24 hours)

Red Zone Means:
• This indicates that you need to be evaluated by a physician right away

Call 911

Notes: ___________________________________________________________
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Where there's salt, there's water.
Your Zone

GREEN ZONE
• No shortness of breath
• No swelling
• No weight gain
• No decrease in your ability to maintain normal activity level

Green Zone Means:
• Your symptoms are under control
• Continue taking your medications
• Continue to follow your diet
• Keep your Home Health Nurse appointments
• Keep physician appointments

YELLOW ZONE
• Increased weight (2-3 lbs in one day or 4-5 lbs in the past 5 days)
• Increased cough
• Increased swelling of legs, ankles and/or feet
• Increased shortness of breath with activity
• Chest pain
• Increased number of pillows needed to sleep or need to sleep in a chair
• Anything else unusual that bothers you

Yellow Zone Means:
• Your symptoms indicate that you may need an adjustment in your medications
• Call your Home Health Nurse and/or your Cardiologist
  Summit Cardiology: 217-6944 (24 hours)

RED ZONE
• Unrelieved shortness of breath
• Unrelieved chest pain
• Wheezing or chest tightness at rest
• Chest pain not relieved or reoccurs after taking 2 Nitro tablets
• Mental changes

Red Zone Means:
• This indicates that you need to be evaluated by a physician right away
  Call 911

Notes: ___________________________________________________________
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Get your Flu and Pneumonia immunizations.
**Green Zone**

- No shortness of breath
- No swelling
- No weight gain
- No decrease in your ability to maintain normal activity level

**Green Zone Means:**
- Your symptoms are under control
- Continue taking your medications
- Continue to follow your diet
- Keep your Home Health Nurse appointments
- Keep physician appointments

**Yellow Zone**

- Increased weight (2-3 lbs in one day or 4-5 lbs in the past 5 days)
- Increased cough
- Increased swelling of legs, ankles and/or feet
- Increased shortness of breath with activity
- Chest pain
- Increased number of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you

**Yellow Zone Means:**
- Your symptoms indicate that you may need an adjustment in your medications
- Call your Home Health Nurse and/or your Cardiologist
  Summit Cardiology: 217-6944 (24 hours)

**Red Zone**

- Unrelieved shortness of breath
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Chest pain not relieved or reoccurs after taking 2 Nitro tablets
- Mental changes

**Red Zone Means:**
- This indicates that you need to be evaluated by a physician right away
  
  **Call 911**
|   | SUNDAY |   |   | MONDAY |   |   | TUESDAY |   |   | WEDNESDAY |   |   | THURSDAY |   |   | FRIDAY |   |   | SATURDAY |   |   |
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Month__________

Which zone are you in today?
Green Zone Means:
- Your symptoms are under control
- Continue taking your medications
- Continue to follow your diet
- Keep your Home Health Nurse appointments
- Keep physician appointments

Yellow Zone Means:
- Increased weight (2-3 lbs in one day or 4-5 lbs in the past 5 days)
- Increased cough
- Increased swelling of legs, ankles and/or feet
- Increased shortness of breath with activity
- Chest pain
- Increased number of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you

Red Zone Means:
- This indicates that you need to be evaluated by a physician right away
- Call 911

Notes: ___________________________________________________________
Balance activity and rest.

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Month__________
Your Zone

GREEN ZONE
All Clear

- No shortness of breath
- No swelling
- No weight gain
- No decrease in your ability to maintain normal activity level

Green Zone Means:
- Your symptoms are under control
- Continue taking your medications
- Continue to follow your diet
- Keep your Home Health Nurse appointments
- Keep physician appointments

YELLOW ZONE
Caution

- Increased weight (2-3 lbs in one day or 4-5 lbs in the past 5 days)
- Increased cough
- Increased swelling of legs, ankles and/or feet
- Increased shortness of breath with activity
- Chest pain
- Increased number of pillows needed to sleep or need to sleep in a chair
- Anything else unusual that bothers you

Yellow Zone Means:
- Your symptoms indicate that you may need an adjustment in your medications
- Call your Home Health Nurse and/or your Cardiologist
  Summit Cardiology: 217-6944 (24 hours)

RED ZONE
Medical Alert

- Unrelieved shortness of breath
- Unrelieved chest pain
- Wheezing or chest tightness at rest
- Chest pain not relieved or reoccurs after taking 2 Nitro tablets
- Mental changes

Red Zone Means:
- This indicates that you need to be evaluated by a physician right away
  Call 911

Notes:
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Do you need any medication refills before they run out?

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<td><img src="image39" alt="Weights" /></td>
<td><img src="image40" alt="Weights" /></td>
<td><img src="image41" alt="Weights" /></td>
<td><img src="image42" alt="Weights" /></td>
</tr>
<tr>
<td>Weight: _______________</td>
<td>Weight: _______________</td>
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<tr>
<td><img src="image43" alt="Weights" /></td>
<td><img src="image44" alt="Weights" /></td>
<td><img src="image45" alt="Weights" /></td>
<td><img src="image46" alt="Weights" /></td>
<td><img src="image47" alt="Weights" /></td>
<td><img src="image48" alt="Weights" /></td>
<td><img src="image49" alt="Weights" /></td>
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<tr>
<td>Weight: _______________</td>
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<td>Weight: _______________</td>
<td>Weight: _______________</td>
<td>Weight: _______________</td>
</tr>
</tbody>
</table>

Month__________
**Personal Health Information**

### About Me

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone (s)</th>
<th>Address</th>
</tr>
</thead>
</table>

### Emergency Contact

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone (s)</th>
<th>Relationship</th>
</tr>
</thead>
</table>

### Healthcare Providers

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Phone (s)</th>
<th>Address</th>
</tr>
</thead>
</table>

### Important Medical Information

Check each one you are currently being treated for or have a history of:

- [X] Heart Disease
- [X] High Blood Pressure
- [X] Visual Impairment
- [X] Speech Impairment
- [X] Diabetes
- [X] Low Blood Pressure
- [X] Hearing Impairment
- [X] Epilepsy/Seizures
- [ ] Other (briefly explain): ____________________________________________________________________________________

### Surgeries

List all surgeries and dates of surgeries:

______________________________________________________________________________________________________________________________________________________

______________________________________________________________________________________________________________________________________________________

______________________________________________________________________________________________________________________________________________________

### Allergies

<table>
<thead>
<tr>
<th>Item (type of food, medication, latex, etc.)</th>
<th>Reaction (symptoms, severity, dates)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

VisitSummitHealth.org/OnlineTools for more health tools.
Current Medications

<table>
<thead>
<tr>
<th>Name of Medication (Brand or Generic Name)</th>
<th>Dose (mg. units, puffs, drops, etc.)</th>
<th>Schedule</th>
<th>Start/Stop Date</th>
<th>Prescribed By (Doctor Name)</th>
<th>Purpose (Why do you take it?)</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXAMPLE: Aspirin</td>
<td>650 mg</td>
<td>2x a day</td>
<td>4/05 / 6/06</td>
<td>Dr. Jones</td>
<td>prevent heart attack</td>
</tr>
</tbody>
</table>