

The MVP Heart Failure Program

is designed for members who are living with heart failure, providing extra support to help you better manage your health. By working with your MVP Health Coach—and following your doctor's recommendations—you'll have the tools, education, and resources to better understand heart failure and make lifestyle changes to keep your health under control and on track for improvement.

What does the program provide?

Get private telephone outreach from a Health Coach to develop a custom plan to keep your heart healthy. Your plan may include:

- Educational materials about your specific needs and concerns
- Developing a heart healthy diet
- Developing a regular aerobic exercise program, as recommended by your doctor
- Quitting tobacco or vaping
- Reducing stress
- Monitoring for depression and getting treatment as needed
- Recognizing when to call your doctor about such problems as weight gain or swelling of hands and feet

Set and Meet Program Goals

Your objectives may include some or all of these heart healthy goals:

- ✓ Monitor daily weight
- ✓ Exercise regularly, as recommended by your doctor
- ✓ Adopt the American Heart Association's dietary recommendations
- ✓ Maintain a healthy blood pressure, as recommended by your doctor
- ✓ Take medication as prescribed by your doctor
- ✓ Reduce stress
- ✓ Manage depression
- ✓ Don't use tobacco products or vape
- ✓ Read food labels and avoid foods high in salt

MVP has resources for members who are living with a physical or behavioral health concern.
For more information, visit mvphealthcare.com/HealthandWellness.



Your Daily Action Plan

Green Zone

You are doing well.

This is where you want to be.

- Your weight is stable, neither going up or down
- You breathe easily
- You are sleeping well
- You are able to lie flat without shortness of breath

Yellow Zone

Call your doctor.

Your symptoms are changing.

- First signs of a cold
- Exposure to known trigger
- Cough or mild wheeze
- Tight chest
- Coughing all night

If you have symptoms of a heart attack: Call 911 immediately, the 911 operator the operator may tell you to chew one adult-strength or two-to-four low-dose aspirin. Wait for an ambulance. Do not try to drive yourself.

Red Zone

Call 911. This is an emergency.

- Severe trouble breathing
- Coughing up pink, foamy mucus
- A new irregular or fast heartbeat

You have symptoms of a heart attack.

These may include:

- Chest pain or pressure, or a strange feeling in the chest
- Sweating
- Shortness of breath
- Nausea or vomiting
- Pain, pressure, or a strange feeling in the back, neck, jaw, upper belly, or in one or both shoulders or arms
- Light-headedness or sudden weakness
- A fast or irregular heartbeat

Questions?

We are here to help.

Call MVP Case Management
at **1-866-942-7966**,
Monday–Friday 8:30 am–5 pm.