

# 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
- You can do your usual activities

## 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

## 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

Managing an ongoing medical condition sometimes takes an extra hand.

The MVP Health Management programs offer help to members who need guidance and support to improve their chronic health conditions. These programs offer innovative solutions to help get chronic health conditions under control and on track for improvement. Working in partnership with doctors, we help members get the care they need and make the most of their benefits.

Contact MVP to learn more about the MVP Health Management programs.



Call 1-866-942-7966  
(TTY: 1-800-662-1220)



Or visit [mvphealthcare.com](http://mvphealthcare.com)

If you have symptoms of a heart attack: After you call 911, the operator may tell you to chew one adult-strength or 2-4 low-dose aspirin. Wait for an ambulance. Do not try to drive yourself.



# Heart Failure Program



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## The MVP Heart Failure Program

was created for members who have heart failure. The program was designed to assist you in making healthy lifestyle changes and provide you with information and strategies to help you be the healthiest you can be. A health coach will assist you with making the recommended lifestyle changes to live with heart failure.

## What does the MVP Heart Failure Program provide?

Through phone consultation, your health coach will help you develop an individualized plan that may include:

- Educational materials targeted to your specific needs and concerns
- Eating a heart healthy diet
- Developing a regular aerobic exercise program
- Smoking cessation
- Stress reduction
- Depression management
- Recognizing when to call your doctor about such problems as weight gain or swelling of hand and feet

## Set and meet your program goals.

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

- Monitor daily weight
- Develop an exercise plan
- Adopt the American Heart Association's dietary recommendations
- Keep your blood pressure below 140/90
- Take medication as prescribed by your doctor
- Reduce stress
- Manage depression
- Don't smoke; if you do smoke quit.
- Reading food labels and avoid foods high in salt



Call 1-866-942-7966 to learn more about this program or to request materials to help you stay healthy.



Or visit [mvphealthcare.com](http://mvphealthcare.com) and select *Members*, then *Health & Wellness*, then *Go* under *Health Management Programs*.