

Managing Heart Failure and Preventing Hospital Stays



What is heart failure?

Heart failure is a lifelong condition in which the heart muscle can't pump enough blood to meet the body's needs for blood and oxygen. Heart failure symptoms may include¹:

- Shortness of breath with activity or when lying down.
- Tiredness and weakness.
- Swelling in the legs, ankles, and feet.
- Rapid or abnormal heartbeat.
- Lowered ability to exercise.
- Wheezing.
- A cough that doesn't go away or a cough that brings up white or pink mucus with spots of blood.²

Healthy Reminders

Heart failure may be managed through the following healthy habits:

- Eating healthy.
- Increasing physical activity.
- Taking medicines timely and as prescribed.
- Practicing self-care.
- Balancing a healthy weight.
- No smoking.
- Decreasing alcohol consumption.
- Keeping your blood sugar under control.
- Following doctor's orders.



¹ <https://www.heart.org/en/health-topics/heart-failure/what-is-heart-failure>

² <https://www.mayoclinic.org/diseases-conditions/heart-failure/symptoms-causes/syc-20373142>

Getting Back to Your Best Health

After a hospital or emergency room (ER) visit, recovery can be tough. There are many things you can do to manage your recovery. The most important is scheduling a follow-up visit with your doctor. This visit should be within seven days after a hospital or ER visit, unless otherwise directed.

Your clinical team will try to call or contact you after you are discharged to help schedule a visit with your primary care provider. It is helpful to bring a list of all current medicines and your hospital discharge papers to your follow-up visit.

At this visit, your doctor can:

- Figure out why you were admitted to the hospital.
- Refill medicines, if needed.
- Diagnose any new health problems and go over existing conditions.
- Answer any of your health-related questions.
- Review old and new medicines.
- Talk to you about your health and your treatment plan.

We're Here to Help

Your doctor may have prescribed new medicines, follow-up treatment, or encouraged you to make lifestyle changes. We want to help you navigate these changes, through your recovery and beyond.

Our case management team has resources that can help you reach your health goals.

Following your ER or hospital visit, your Case Manager can help you with many things. This includes helping with scheduling your follow-up appointments and transportation. They can also help keep track of your medicines and help you manage multiple conditions. Annual Wellness Visits, virtual visits, and digital case management opportunities with your Case Manager are available to you.

To learn more, or to sign up for our Case Management program, call us at 1-866-282-6280 (TTY: 711).