



# QUESTIONS TO ASK YOUR PROVIDER

## Understand Your HF

How serious is my heart failure?

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In what ways does having heart failure increase my health risk?

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How likely is it that having HF will worsen the effects of other conditions I may have?

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What lifestyle changes will help me better manage the progress of HF?

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## Explore HF Treatment

What are the most important things I can do to manage my HF?

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What should I expect in the coming weeks, months or years?

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Are there any activities that are off limits for me at this time?

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## Identifying Your HF Needs

Am I a candidate for HF cardiac rehab?

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Are there any remaining tests we need to do to learn more about my heart function? If so, which ones?

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## What are my treatment goals at this time?

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For more tools and information on managing heart failure visit:  
[www.heart.org/oregonheartfailure](http://www.heart.org/oregonheartfailure)



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