

SCARSTORIES · A LITTLE COMPANY ON THE WAY

Living with heart failure

Request an individual monitoring and symptom plan.

Other heart conditions and life stages

Questions for an individual conversation with your care team.

Request an individual monitoring and symptom plan. These questions can help you ask for an individual plan. Answers depend on your situation and the people responsible for your care.

Questions to take to my team

☐ What should I track at home, and which changes should trigger a call?

☐ What are my own fluid, salt and activity instructions?

For discussion and personal reference. Your care team's individual instructions take priority. For an emergency, contact your local emergency service; do not wait for a community reply.