HEART ATTACKS HAVE BEGINNINGS: What is My Heart Health Level Today?

EVERY DAY I will...
✓ Check my blood pressure
✓ Weigh myself
✓ Take my medicines
✓ Exercise
✓ Eat heart healthy foods—low salt, low fat, low cholesterol

You are doing great!
Keep up the good work.

♥ My blood pressure is normal.
♥ I took all of medicines today.
♥ I have all of my medicines and I will not run out.
♥ I am exercising.
♥ I am eating a heart healthy diet.
♥ I am NOT smoking.
♥ I understand that my doctor wants me to go to Cardiac Rehab.
♥ I am going to Cardiac Rehab or I am scheduled to start soon.

♥ My blood pressure is not normal—top number is greater than 140 or less than 90.
♥ I am short of breath.
♥ I feel dizzy.

♥ I am not eating a heart healthy diet.
♥ I am not exercising.
♥ I am not going to Cardiac Rehab.
♥ I am smoking.

♥ I have 7 days or less of medicine & I cannot get to the pharmacy to pick up my medicines or I cannot pay for them.

Your heart health may be changing so
CALL YOUR DOCTOR at (775) 982-2400.

♥ Keep trying, set goals, and call Cardiac Rehab at (775) 982-5824 to make an appointment.
♥ To help you quit smoking call Renown’s Quit Tobacco Program at (775) 982-2781 or Nevada Tobacco Users’ Helpline at 1-888-866-6642.

♥ Call your family or friends for help
♥ Contact the Nevada Financial Guidance Center by dialing 2-1-1 or visit their website at http://www.nevada211.org/

♥ I feel like I cannot breathe or I am gasping for air.
♥ I am having chest pain or pressure.
♥ My heart is racing.

This is an EMERGENCY! Call 911.