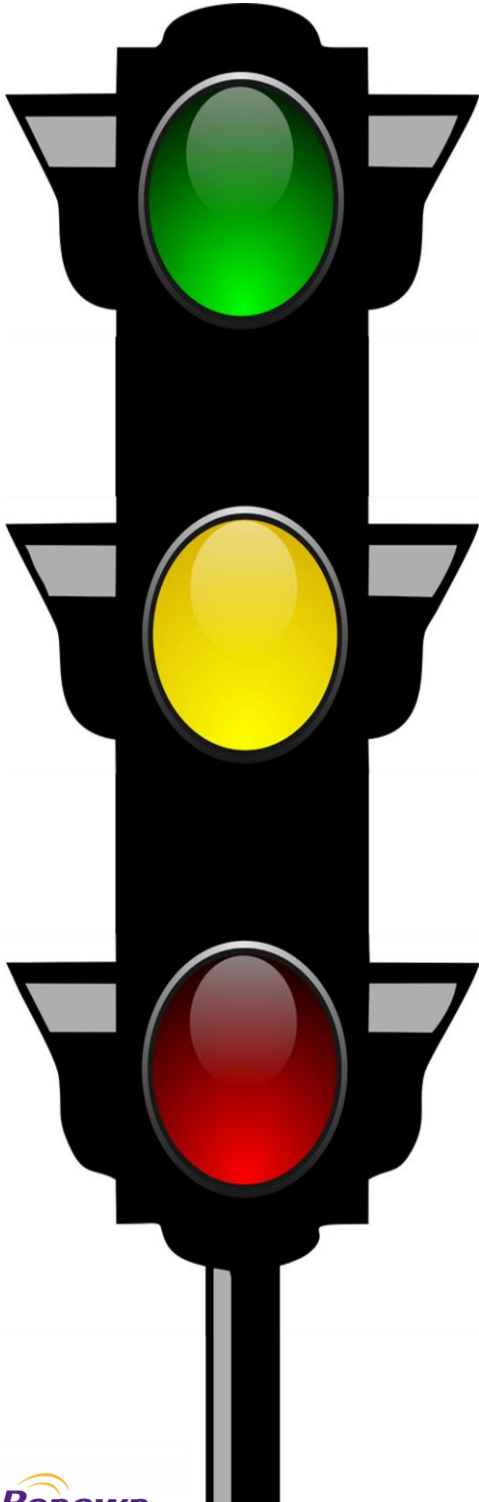


HEART ATTACKS HAVE BEGINNINGS: What is My Heart Health Level Today?

EVERY DAY I will...

- ✓ Check my blood pressure
- ✓ Weigh myself
- ✓ Take my medicines
- ✓ Exercise
- ✓ Eat heart healthy foods—*low salt, low fat, low cholesterol*



- ♥ 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.

You are doing great!
Keep up the good work.

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

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

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

- ♥ 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.

- ♥ 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.

- ♥ 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.