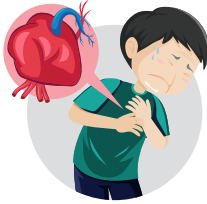


## Self-check plan

### Excellent-Keep it up!



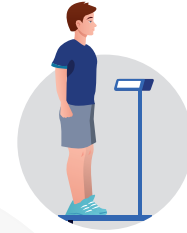
Shortness of  
breath



No Chest  
Pains



No Swelling on  
feet, ankle, legs,  
and tummy



Stable Body  
Weight



Normal Physical  
Activity

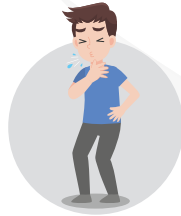
**Great!**  
Continue it:

- Daily weight check
- Medicine as prescribed
- Low sodium (salt) usage
- Regular follow-up visits

### Attention-Caution is required!



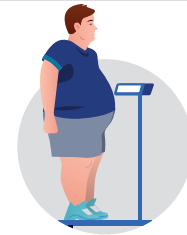
Dry and  
continuous cough



Shortness of  
breath during  
physical activity



Swelling on  
feet, ankle, legs,  
and tummy



Sudden  
Weight Gain



Trouble Sleeping

**Symptoms**  
indicate the  
need to;

- Consult your doctor or  
health care professional
- Change your medication

### Medical Alert



Frequent and dry cough



Shortness of breath at rest



Discomfort or swelling in the lower body



Sudden Weight Gain



Trouble Sleeping



Worsening dizziness and depression

#### Warning!

- You need to be examined immediately.
- ☎ Call your physician or call 911

**SCHAUMBURG**



1345 Wiley Rd, #111  
Schaumburg, IL  
60173

**LISLE**



3033 Ogden Ave.,  
Lisle, IL 60532

**CHICAGO**



238 W Cermak Rd  
#2c Chicago, IL  
60616

**LIBERTYVILLE**



3238 W Cermak  
Rd #2c Chicago,  
IL 60616

**WOODFIELD**



800 Woodfield  
Rd, Suite 111  
Schaumburg, IL  
60173