

Commit to managing your CHF

Start by creating a plan with your healthcare provider to monitor and manage the disease.

At times it may be challenging to stick to the plan, as a member of the Mohawk Health Plan, you have many resources available to you to help you through your journey. Healthy Life Navigators and other Healthy Life Team members are just a text away with the Spruce app. You can ask questions, share your numbers and get support.

To get the Spruce app: Text 877-365-0051 (type "Hi") or go to www.mymohawkbenefits.com/hlct

Commit to

- taking all medications as prescribed.
- making lifestyle changes recommended by your healthcare provider.

Remember to talk to your healthcare provider about changes, new or different symptoms, and your medications.

It is important to be honest with your healthcare provider about your condition.

Please note: This information is for educational purposes only and not intended to take the place of your personal physician's advice or to diagnose, treat, cure or prevent any disease. Always consult with your physician or healthcare provider to determine what is right for you.



Healthy Life Center

Healthy Life Navigators

Healthy Life Center Providers

Text or Call

1-877-365-0051

caretteamsupport@cigna.com



CONGESTIVE HEART FAILURE (CHF) CARE PATH

KEY POINTS FOR MANAGING CONGESTIVE HEART FAILURE

REQUIRED

- ACE/ARB therapy or documented intolerance
_____ % adherence Take Blood Pressure Medications as prescribed
- Visit cardiologist (heart doctor) every year
_____ Date completed
- Annual Biometrics
_____ Date completed

RECOMMENDED

- Echo cardiogram every 24 months
_____ Date completed
- Annual physical exam
_____ Date completed
- Preventive Screenings, if due (Colonoscopy, Mammogram, PAP smear)
_____ Test & Date completed
_____ Test & Date completed
_____ Test & Date completed
- Nutrition education
_____ Date completed
- No CHF-related hospitalization(s) in past 12 months



Living with Congestive Heart Failure

Congestive Heart Failure (CHF) happens when your heart isn't able to pump enough blood to support your body.

It causes the kidneys to receive less blood than normal and thus filtering less fluid out of the body, allowing the fluid to build up in the lungs and other areas of the body.

Treatments and lifestyle changes can help people with CHF live longer and be more active.

Here are some important steps to take to help prevent your CHF from getting worse:

- Always take medications as prescribed
- Make sure your healthcare providers have a complete list of all medications you are taking
- Follow your diet plan
- Avoid drinking alcohol
- Ask your healthcare provider about getting annual flu and pneumonia vaccines
- Weigh yourself daily; call your healthcare provider if you gain more than 2 pounds in 24 hours