

Take care of yourself,
watch your weight,
see your doctor



Beat congestive heart failure

Stop smoking

It damages your blood vessels, reduces the amount of oxygen in your blood and makes your heart beat rapidly.

Eat healthy

Extra body weight makes your heart work harder.

Weigh yourself each morning

Log the number. If you gain two pounds or more in one day, call your doctor right away. Rapid weight gain may be a sign that you are retaining fluids and your doctor may prescribe a treatment plan.

Keep regular appointments with your doctor

If you notice a new symptom, or if others get worse, call your doctor immediately.

Visit Blue Access®
for Members at
www.bcbsil.com
for more information
about congestive
heart failure.



These tips are intended as general information only. Please consult your doctor for specific medical advice.



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