

My Heart Health
PASSPORT

CARDIOWELLNESS

Introduction

CARDIOWELLNESS

The **CardioWellness** program supports you by better coordinating the care that you need when you are discharged from hospital and throughout the entirety of your heart health journey. To learn more or to find out about other services:

www.klhoht.ca

705-934-1439

navigation@klhoht.ca



How To Use **This Passport**

For You

This booklet is meant to help you keep track of important health information related to your heart, such as your recommended blood pressure and heart rate levels.

It also includes daily tips on how you can manage your heart failure symptoms and how to know when to contact your health care team members or emergency medical services.

You can also share this booklet with friends, family and caregivers involved in your care.



For Your Healthcare Team

Share this booklet with any member of your health care team so that they can help monitor your heart health and make recommendations for you. This could be your family doctor or nurse practitioner, cardiologist or heart failure specialist, community pharmacist or paramedic and more.

This booklet will help these providers and specialists follow along with your heart failure history in help to recommend treatment options for you.



About **Heart Failure**

What is Heart Failure?

Heart Failure (HF) means you heart isn't pumping blood as well as it should. This can happen if your heart muscle is too weak, too stiff or both. Heart failure can also occur if you have leaky or blocked valves, or if the electrical system of the heart is disrupted. Heart failure is serious, but it doesn't mean your heart has stopped working. It means your heart is having trouble keeping up with what your body needs.

Common Symptoms

- Feeling more tired or weak especially with activity
- Shortness of breath with activity or when lying flat
- Swelling in your legs, ankles or belly
- Sudden weight gain from fluid buildup
- Persistent cough especially when lying down

It's not normal to be breathless



When To **Seek Help**

When to Call or Visit Your Doctor or Nurse Practitioner

- If you gain 5 lbs (2.5 kg) in a week or 4 lbs (2kg) in 2 days
- If you are thinking of changing any of your medications (including non-prescription)
- If you notice any of the following:
  - Chest pain
  - Sudden dizziness or heart palpitations
  - Increased fatigue
  - Trouble breathing when lying flat
  - Increased shortness of breath
  - Difficulty breathing at night
  - Increased signs of swelling such as swollen ankles, bloating, or clothing feels tight



When to Seek Immediate Medical Attention

Go to the emergency room or call 9-1-1 if you have any of the following:

- You are struggling to breathe or your shortness of breath does not go away when sitting down
- You have chest pain that does no go away with rest or medication
- You have a fast heartbeat that does not slow down when you rest
- You have trouble thinking clearly or you have fainted



My **Health Care Team**

My Family Doctor/Nurse Practitioner:

My Community Paramedic:

My Cardiologist/Heart Function Specialist:

Other Care Team Members:

Who I will call if I need help:

First I will call....

Then I will call....

Need help finding the right programs and services?
Call or email our Navigator who can help connect you.



705-934-1439



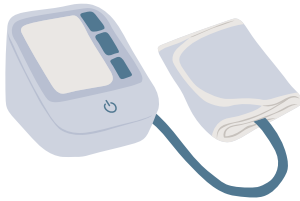
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Call **911** if you are experiencing a medical emergency

Monitoring **My Health**

Blood Pressure

Controlling blood pressure is an important part of managing your heart failure. If your blood pressure is high, your heart has to work harder to circulate blood throughout your body.



Heart Rate

While an increase in your pulse (heart rate) helps your body to perform more physical activity, a constant high heart rate overworks the heart. This could be a sign of new or worsening heart failure.



Weight

Your weight is one way to tell if your heart failure is getting worse or if you need changes in your medication to control extra fluid in your body.



Measurements will be tailored to each individual's needs

Review your **Self Monitoring Sheet** to track daily changes to your baseline measures

My **Daily Tasks**



Monitor My Weight

I will weigh myself in the morning before breakfast and compare it to my weight from the day before.



Measure My Blood Pressure and Heart Rate

I will measure my blood pressure and heart rate daily, once in the morning 30 minutes after I have taken my medication. If I have unusual results, I will contact my health care provider



Monitor My Fluids

If I have fluid retention or congestion that is not easily controlled with diuretics, I will consult my health care provider.



Take My Medication

I will take my medicines exactly as prescribed. These medications are used to control risk factors and reduce risk of hospital admission.

My **Daily Tasks**



Check For Swelling

I will check for swelling in my feet, ankles, legs, and stomach.



Monitor My Nutrition

I will limit processed or prepared foods, and prioritize a healthy diet including foods prepared from fresh ingredients as much as possible.



Stay Active

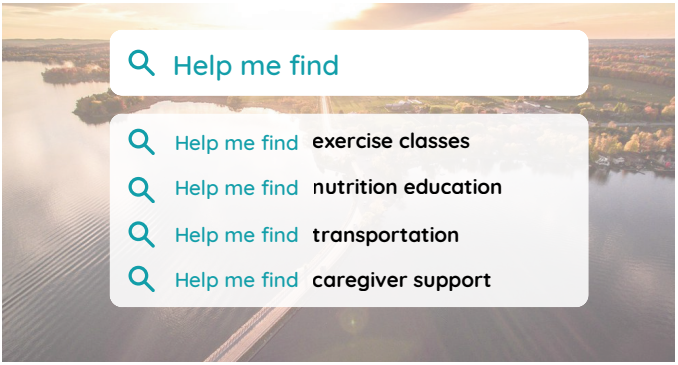
I will get regular light activity, such as by walking, swimming, stretching, gardening or other light household chores. I will avoid alcohol and smoking.



Monitor My Sleep

I will monitor the length and quality of my sleep and speak to my healthcare providers if my fatigue level impacts my quality of life.

Service
Navigation Platform



FIND SERVICES

in Kawartha Lakes and Haliburton County

GET STARTED

Use your phone's camera to scan the QR code

Visit **www.klhoht.ca/find-services** or scan the QR code to access the service navigation platform and connect with local health service providers and programs.

Can't find what you're looking for? Give us a call at **705-934-1439** and speak to our Navigator who can help connect you to the right programs and services.

Heart Failure **Zones**

Everyday I will:

- Weigh myself in the morning before breakfast and compare it to my weight yesterday
- Measure my blood pressure daily, once in the morning and once in the evening. I will take two measurements 1-2 minutes apart and record only the second reading.
- Eat foods that are freshly prepared to avoid highly processed options.
- Take my medicine exactly how I have been prescribed them
- Check for swelling in my feet, ankles, legs, and stomach.
- Get regular light activity, such as by walking, swimming, stretching or gardening

WHICH ZONE AM I IN TODAY?

ALL CLEAR – This zone is your goal!

Your symptoms are under control. You have:
- No shortness of breath.
- No chest discomfort, pressure, or pain.
- No swelling or increase in swelling of your feet, ankles, legs, or stomach.
- No weight gain of more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week

CAUTION – This zone is a warning

Call your healthcare provider (eg. doctor, nurse) if you have any of the following:

- You gain more than 4 lbs (2 kg) over 2 days in a row or 5 lbs (2.5 kg) in 1 week.
- You have vomiting and/or diarrhea that lasts more than 2 days.
- You feel more short of breath than usual.
- You have increased swelling in your feet, ankles, legs, or stomach.
- You have a dry hacking cough.
- You feel more tired and don't have the energy to do daily activities.
- You feel lightheaded or dizzy, and this is new for you.
- You feel uneasy, like something does not feel right.
- You find it harder for you to breathe when you are lying down.
- You find it easier to sleep by adding pillows or sitting up in a chair

Healthcare Provider: _____ Phone Number: _____

EMERGENCY – This zone means act fast!

Go to emergency room or call 9-1-1 if you have any of the following:
- You are struggling to breathe.
- Your shortness of breath does not go away while sitting still.
- You have a fast heartbeat that does not slow down when you rest.
- You have chest pain that does not go away with rest or with medicine.
- You are having trouble thinking clearly or are feeling confused.
- You have fainted

Medication **Tracker**

Keep track of all the medications you are taking (prescription and over the counter), as well as vitamins and other herbal remedies. Make sure to show your
doctor at your next appointment.

NAME OF MEDICATION, VITAMINS, HERBAL REMEDIES, ETC.	**DOSE** (e.g. two 40mg pills morning and night)	**HOW DOES IT HELP**	**THINGS TO CONSIDER** (possible side effects)

Vaccination **List**

If you live with a cardiovascular condition, your immune system may be weaker, and infections can lead to serious complications. Vaccines help protect you from these preventable illnesses, reduce the risk of severe outcomes, and keep your heart healthier.

VACCINE & LOT #	DATE ADMINISTERED	ADMINISTERED BY	DATE OF NEXT DOSE

Self-Monitoring **Sheet**

Day	Breathing changes	Swelling	Fatigue	Weight (lbs)	Heart rate (bpm)	Blood Pressure
E.g.	*No*	*No*	*Yes*	*178 lbs*	*87 bpm*	*120/80*
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

Self-Monitoring **Sheet**

Day	Breathing changes	Swelling	Fatigue	Weight (lbs)	Heart rate (bpm)	Blood Pressure
E.g.	*No*	*No*	*Yes*	*178 lbs*	*87 bpm*	*120/80*
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

My **Notes**

My **Notes**

Join the
Heart Failure Program

Your heart health journey starts here!

Scan the QR code to register for the program and connect with our team for support, education, and resources to help you manage your heart failure.

SCAN TO REGISTER

Use your phone's camera to scan the QR code

https://search.caredove.com/org/service/34549/request



Kawartha Lakes Haliburton
Ontario Health Team
www.klhoht.ca

RESOURCES

This CardioWellness Program was created by the Kawartha Lakes Haliburton Ontario Health Team and our members partners.

This booklet was developed using existing resources produced by the Heart and Stroke Foundation and HeartLife. Review your “Living with Heart Failure" booklet in conjunction with this resource

For access to other resources, or to download a copy of this booklet, visit www.klhoht.ca

Updated August 2026