



## My Doctor Visits— How Can I Get Ready?

Prepare before you go to your doctor's office. Check off the statements that apply to you and discuss with your doctor.

### Since my last visit:

I have not taken my medicine(s) as directed every day.

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My medicines have caused side effects that bother me.

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My symptoms have changed (better or worse).

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I have lost sleep due to my heart failure symptoms.

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I have noticed a sudden weight gain.

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I have felt "sad" or "hopeless" much of the time.

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I have made progress on my heart failure goals.

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