



Congestive heart failure (CHF)

Amerigroup Washington, Inc. has a case management program for congestive heart failure (CHF). This program will help you better understand and manage your CHF. We can assist you to set health goals and create a care plan that fits your way of life. You do not have to join the program. You are signed up as a member of Amerigroup.

Living with CHF

It may be scary to learn that you or someone you love has heart failure. It does not mean the heart has stopped beating. CHF is an ongoing health problem. Your heart cannot pump as hard as it should. Most of the time, CHF can be treated.

Amerigroup wants you to know you can take control of CHF. You can take steps to help manage your condition and enjoy life. These simple steps can make a real difference:

- Taking your medications
- Eating healthy
- Exercising

We will keep your doctor up to date. We will share your condition and the services we provide to your doctor. Your case manager can help you learn how to better manage your CHF.

Things to know:

When you have CHF, your heart doesn't pump enough blood through your body. There are side effects of this, such as:

- Your body holds on to salt and water. Fluid starts to build up in your body. This causes swelling of your feet, legs and your lungs.
- You may have symptoms like feeling weak, tired and out of breath.

Treatment can slow the disease and help you feel better.

Tips to monitor your CHF:

- Check your weight and extra body fluid (called edema).
 1. Weigh yourself every day at the same time in the same kind of clothes.
 2. If you have gained weight in a short time, call your doctor right away. Your doctor will tell you when to call, depending on how much weight you have gained and how fast you have gained the weight.
 3. Make a daily list of your weight.
- Learn how to recognize signs that your CHF is getting worse. Here are some signs you may have:

- Quick weight gain
- Trouble breathing
- Swelling in the legs and feet and other parts of the body
- Coughing or wheezing
- Feeling full or sick to your stomach
- Your doctor may want you to take your blood pressure at home. Your doctor or a nurse can show you how to take your blood pressure the right way.
- Work with your case manager to learn about home monitoring.
- Learn what your blood pressure reading means.
 1. Blood pressure readings have two numbers.
 2. The top number is called the Systolic, the 120 in 120/80. It measures the pressure when the heart is pumping.
 3. The bottom number is called the Diastolic, the 80 in 120/80. It measures the pressure when the heart is resting.
- Healthy adults have a blood pressure of 120/80 or less.
- Hypertension or high blood pressure is 140/90 or higher.
- Talk with your doctor about when to call him or her; and, when you should go to the hospital based on your blood pressure reading and other findings.

How to take your CHF medications:

- You may need to take medications that lower your blood pressure or help your heart pump better. Medications are prescribed differently for each person. Your doctor will work with you to find the right medicines for you.
- If you do not take your medicines the way your doctor says, the medicines may not work as well. It is best to take your medicines around the same time every day.
- Don't take over-the-counter medicines, including cold medicines and herbal supplements, without talking to your doctor. They may prevent your CHF medicines from working the right way.
- Call your doctor if you think you are having side effects from your medication.
- We can help you learn how to take your medicines the right way.
- We can help you understand how your medicines work.

Ways you can improve or manage your CHF:

- Quit smoking. This can make big progress in controlling your CHF. We have programs, and there are medicines that can help you stop smoking.
- Make short and long-term goals. We can assist you to make healthy changes one small step at a time to improve your CHF.
- Lose weight if you are overweight. Even a few pounds can make a difference. We can help you make changes to your diet to fit your life.
- Talk with your doctor about how much salt or sodium should be in your diet.

- Get a flu shot every year. Ask your doctor if you should also have the pneumonia vaccine.
- Limit alcohol. Ask your doctor how much, if any, alcohol is safe.

Support to help you manage your CHF:

- We can help you talk to your family or caregiver about your CHF.
- We can assist you in finding community programs and resources in your area.
- Tips to talk with your doctor and get the most out of your visit:
 1. Ask any questions you may have about your CHF. You can write them down and take them with you to your visit.
 2. Follow your doctor's advice - if you have questions or concerns, let your doctor know.
 3. Make sure your doctor knows what medicines you are taking.

Important screenings:

- Depression
- Other health issues
- Preventive care screenings such as wellness checkups, mammograms and Pap tests

Other helpful information

- [U.S. National Library of Medicine](#)
- [Medline Plus](#)
- [American Heart Association](#)
- [National Heart, Lung & Blood Institute](#)

If the enclosed information is not in your primary language, please call 1-800-600-4441(TDD/TTY only 711). We can translate this at no cost to you.

ENGLISH

Yog cov ntabw ntabwv xov xwm xa tuaj no tsis yog koj hom lus, thov hu xovtooj rau 1-800-600-4441 (TDD/TTY Cov neeg lag ntseg ces siv tus xovtooj no xwb 711) Peb tuajyeem txhais cov ntabw ntabwv no pub dawb rau koj.

HMONG

Afai o lenei faaaliga e le o alu atu i lau gagana masani, faamolemole vala'au mai i le telefoni: 1-800-600-4441 (Na'oto TTD/TTY 711) E mafai ona matou faaliliuina lenei mea e aunoa ma lou totogaina

SAMOAN

Если прилагаемая информация не на вашем родном языке, позвоните, пожалуйста, по телефону 1-800-600-4441 (только TDD/TTY 711). Мы можем перевести вам это бесплатно.

RUSSIAN

Якщо прикладена інформація не на вашій рідній мові, подзвоніть, будь ласка, по телефону 1-800-600-4441 (тільки TDD/TTY 711) Ми можемо зробити для вас цей переклад безкоштовно.

UKRAINIAN

중국어 안내자료가 귀하의 모국어로 준비되어 있지 않으면 1-800-600-4441 (TDD/TTY 711)로 연락하십시오. 무료로 이 번역을 해드릴 수 있습니다.

KOREAN

Dacă informațiile alăturate nu sunt în limba dumneavoastră natală vă rugăm să sunați la 1-800-600-4441 (numai pentru TDD/TTY 711). Vă putem traduce aceasta fără să vă coste nimic.

ROMANIAN

ይህ የምስልክ ለቅጽ መረጃ በቋንቋህ ካልሆነ፣ እባክህን በስልክ ቁጥር 1-800-600-4441 (TDD/TTY ብቻ 711) ይደውሉ ያለ ምንም ወጪ ይህን ልንተረጎምልዎ እንችላለን።

AMHARIC

እዚ ንስደልኩም ዘለና ሓበሬታ ብቋንቋኩም ምስ ዘይከውን ብክብረትኩም ብስልኪ ቁጥር 1-800-600-4441 (TDD/TTY ጥራሕ 711) ደውሉ እዚ ብዘይ ምንም ዋጋ ክንትርጎምልኩም ንክእል ኢና።

TIGRIGNA

Si la información adjunta no está en su idioma primario, llame al 1-800-600-4441 (TDD/TTY solamente: 711). Podemos traducir esto sin costo para usted.

SPANISH

ຖ້າຂໍ້ມູນທີ່ໄດ້ເອົາຄັດຕົວມານາຊອງນີ້ບໍ່ແມ່ນພາສາແມ່ຂອງທ່ານ, ກະລຸນາໂທຫາ 1-800-600-4441 (ສໍາລັບການໂທດ້ວຍ TDD/TTY ແມ່ນ 711) ພວກເຮົາສາມາດແປອັນນີ້ໃຫ້ທ່ານໂດຍບໍ່ເສຍຄ່າ.

LAOTIAN

Nếu thông tin đính kèm không có ngôn ngữ của quý vị, xin gọi 1-800-600-4441(TDD/TTY dành riêng 711). Chúng tôi có thể dịch nội dung này miễn phí cho bạn.

VIETNAMESE

如果隨附的資料不是您的主要語言，請撥打電話 1-800-600-4441 (TDD/TTY 專線 711) 我們可免費為您翻譯。

CHINESE

បើសិនជាព័ត៌មានដែលបានភ្ជាប់មកនេះ មិនមែនជាភាសាដើមរបស់លោកអ្នកទេ សូមទូរសព្ទទៅកាន់លេខ 1-800-600-4441 (សំរាប់ DTT/TTY សូមទូរសព្ទទៅកាន់លេខ 711) យើងខ្ញុំអាចបកប្រែភាសានេះ ដោយមិនគិតថ្លៃពីលោកអ្នក។

CAMBODIAN

Kung ang nakalakip na impormasyon ay hindi sa inyong pangunahing wika, pakitawagan po ang 1-800-600-4441 (TDD/TTY lamang 711). Maaari namin itong isalin para sa inyo nang walang bayad.

TAGALOG

اگر اطلاعات ضمیمه به زبان شما نیست، با شماره 1-800-600-4441 تماس بگیرید ما می توانیم بدون هزینه این را برای شما ترجمه کنیم. (TDD/TTY شماره 711 فقط با شماره برای)

FARSI