



PRESCRIPTION FOR INFORMATION



NAME _____ DATE _____



We're here to help everyone Rise Above HF.

Explore our free **My HF Guide** to help you manage your symptoms and reach your treatment goals.



Our **Healthier Living With Heart Failure** free interactive workbook will help you to learn more about living a full and active life while managing your condition. Visit heart.org/myhfguide.

You'll find information about:

- Understanding heart failure
- How heart failure affects the body
- Managing heart failure symptoms
- Making healthy lifestyle changes
- Treatment options for heart failure
- Living well with heart failure

You'll be able to:

- Read content online or print pages
- Watch videos
- View medical animations
- Print trackers and tools
- Listen to audio voiceover

Physician/Healthcare Professional

Date

[Visit heart.org/myhfguide](http://heart.org/myhfguide)

