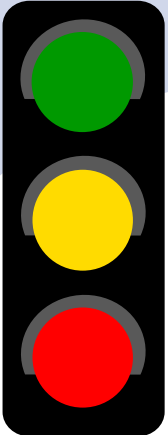


Health Status Zoning Tool



Every Day:

- ✓ Take your medications as ordered.
- ✓ Wash your hands frequently
- ✓ Balance your activity and rest periods.
- ✓ Avoid sick people
- ✓ Follow your prescribed diet

All Clear Zone ... *No action needed if you answer yes to all questions below:*

- Is your overall health unchanged?
- Do you feel like you are at your "normal"?
- No thoughts of self harm?
- No feelings of hopelessness?

Warning Zone ... *Call agency nurse if you have:*

- ANY new or worsening symptoms such as:
 - Swelling of ankles or feet
 - Shortness of breath
 - Pain
- Change to bowel or bladder habits
- Fever of 100.5 F or greater
- Any Falls or seizure activity
- New or changed wound
- Feeling sad, helpless or hopeless
- New or increased confusion or forgetfulness

Medical Alert Zone ... *Use alert button (PERS/Life alert) or call 911 if you have:*

- Thoughts of self harm or harm to others
- Sudden chest pain or shortness of breath
- Change in mental status
- Fall resulting in injury or if you hit your head
- Stroke like symptoms
 - Sudden weakness or numbness especially to one side of body
 - Trouble speaking or understanding speech
 - Sudden severe headache with no known cause
 - Change in vision
 - Sudden dizziness or loss of balance
 - Sudden lack of coordination, trouble walking

If Yellow Zone Call: _____


If Red zone Call 911 or use Alert FIRST and then call : _____

Congestive Heart Failure (CHF)

Download + print the American Heart Association Self-Check Plan for Heart Failure Management [HERE](#).

Click below to learn more about:

- [Heart Failure](#)
- [Lifestyle Changes + Heart Failure](#)
- [Together in Heart Failure Online Support Community](#)



American Heart Association.



Self-Check Plan

for HF Management



✓ Excellent – Keep Up the Good Work!

 <input type="checkbox"/> No new or worsening shortness of breath	 <input type="checkbox"/> Physical activity level is normal for you	 <input type="checkbox"/> No new swelling; feet, ankles and legs look normal for you	 <input type="checkbox"/> Weight check stable Weight: ____	 <input type="checkbox"/> No chest pain
---	---	--	--	---


GREAT! CONTINUE:  Daily Weight Check  Meds as Directed  Low-Sodium Eating  Follow-up Visits


🚩 Pay Attention – Use Caution!

 <input type="checkbox"/> Dry, hacking cough	 <input type="checkbox"/> Worsening shortness of breath with activity	 <input type="checkbox"/> Increased swelling of legs, ankles and feet	 <input type="checkbox"/> Sudden weight gain of more than 2-3 lbs in a 24-hour period (or 5 lbs in a week)	 <input type="checkbox"/> Discomfort or swelling in the abdomen	 <input type="checkbox"/> Trouble sleeping
--	---	---	--	---	--

CHECK IN! Your symptoms may indicate:  A need to contact your doctor or health care team  A need for a change in medications

⚠️ Medical Alert - Warning!

 <input type="checkbox"/> Frequent dry, hacking cough	 <input type="checkbox"/> Shortness of breath at rest	 <input type="checkbox"/> Increased discomfort or swelling in the lower body	 <input type="checkbox"/> Sudden weight gain of more than 2-3 lbs in a 24-hour period (or 5 lbs in a week)	 <input type="checkbox"/> New or worsening dizziness, confusion, sadness or depression	 <input type="checkbox"/> Loss of appetite	 <input type="checkbox"/> Increased trouble sleeping; cannot lie flat
---	---	--	--	---	--	---

WARNING! You need to be evaluated right away.  Call your physician or call **911**

heart.org/HF

Chronic Obstructive Pulmonary Disease (COPD)

Download + print the American Lung Association COPD Action Plan [HERE](#).

Click below to learn more about:

- [Nutrition + COPD](#)
- [Physical Activity + COPD](#)
- [Living with COPD Online Support Community](#)



My COPD Plan This plan will help you know what to do on good days or sick days. Fill it out with your doctor or nurse.

My Zone	How I Feel	What I Should Do
Green Zone 	I have no new COPD symptoms. <input type="checkbox"/> I feel good. <input type="checkbox"/> I am eating well and able to move around the way I usually do.	<input type="checkbox"/> I will continue taking my prescribed medications. <input type="checkbox"/> I will use oxygen as prescribed (check this box if you usually use oxygen).
Yellow Zone 	I have more COPD symptoms than usual. <input type="checkbox"/> I have a new cough. <input type="checkbox"/> I have a change in color of my mucus or more mucus. <input type="checkbox"/> I am more tired.	<input type="checkbox"/> I will continue taking my prescribed medications. <input type="checkbox"/> I will continue to use my oxygen as prescribed (check this box if you use oxygen) <input type="checkbox"/> I need to take these extra medications my doctor prescribed _____ _____ <input type="checkbox"/> I should rest and use pursed lip breathing if I need to. <input type="checkbox"/> I will call my doctor today to report these symptoms.
Red Zone 	I am having very bad COPD symptoms. <input type="checkbox"/> I am short of breath, even when I rest. <input type="checkbox"/> I have blue around my lips or fingers. <input type="checkbox"/> I feel very sick.	<input type="checkbox"/> I should call 911 or seek medical help right away.



Taking Care of My COPD

Important Phone Numbers

How I feel	Who should I call	Phone number
I am in the Red Zone	Emergency	911
I am in the Yellow Zone		

My Medications for COPD

Name of Medicine	What it Does	When to Take	How much

Lung.org/copd | 1-800-LUNG-USA

This is what my oxygen should be set at. Skip this section if you are not using supplemental oxygen.

Resting: _____ Increased Activity: _____ Sleeping: _____

At least once a year I should do these things:

- See my lung doctor.
- Talk to my lung doctor about the medications I am taking.
- Tell my lung doctor what my COPD symptoms are usually like.
- Tell my lung doctor what things I am doing to manage my COPD.
- Go over my COPD Plan with my lung doctor to make sure it is still right for me.

End Stage Renal Disease (ESRD)

Download the Chronic Kidney Disease Self-Management Plan [HERE](#).

Click below to learn more about:

- [Kidneys + Chronic Kidney Disease](#)
- [7 Ways to Help Manage Chronic Kidney Disease](#)
- [Online Support Communities for Kidney Disease](#)

My Chronic Kidney Disease (CKD) Management Guide

Green Zone: Great Control

- No swelling of your hands, feet, ankles and no weight gain
- No increased shortness of breath
- No headaches, dizziness, extreme fatigue
- No pain in your lower back/kidney area

Green Zone Means

- Your symptoms are under control
- Continue taking your medications as ordered
- Limit protein, salt and potassium-rich foods, as directed
- Restrict fluids, as ordered

Yellow Zone: Caution

- Fever greater than 101 degrees F for 24 hours
- Weight gain of more than 3 pounds in 2 days or 5 pounds in 3 days
- Swelling of hands, feet or ankles
- Increased fatigue, dizziness, trouble thinking
- Unable to perform daily activities
- Skin is itchy
- Pain in lower back/kidney area
- Trouble urinating or new blood in urine

Yellow Zone Means

- You need to be seen right away



Call your doctor, nurse or other healthcare provider:

Name: _____

Number: _____

Instructions: _____

Call your healthcare provider if you are going into the **YELLOW zone**

Red Zone: Medical Alert

- Chest pain, shoulder pain, back pain or heartburn
- Struggling to breathe
- No urine passed in 24 hours
- Severe back /kidney area pain
- Severe muscle weakness
- Very confused

Red Zone Means

- You need to be seen right away



Call 911 immediately and then your doctor, if you are able:

Doctor: _____

Number: _____

Call 911 immediately if you are going into the **RED zone**




Diabetes

Download the Diabetes Zone Tool [HERE](#).

Download a comprehensive guide for Diabetes information + management [HERE](#).

Zone Tool Diabetes



All Clear Zone ... This is the safety zone if you have:

Green Zone Means:

- Your blood sugars are under control.
- Continue taking your medications as ordered.
- Continue routine blood glucose monitoring.
- Follow healthy eating habits.
- Keep all physician appointments.

- A1c under 7 percent
- Fasting blood sugar 90–130
- Blood sugar less than 180 (one to two hours after eating)
- Blood pressure less than 130/80
- LDL cholesterol target less than 100mg/dL if no cardiovascular disease
- LDL less than 70mg/dL for those with a history of cardiovascular disease (e.g., ischemia, angina, stroke, heart attack)

Warning Zone ... This is the watch zone if you have:

Yellow Zone Means:

- Your blood sugar may indicate that you need an adjustment of your medications.
- Improve your eating habits.
- Increase your activity level.

Call your doctor, nurse or diabetes educator if changes in your activity level or eating habits don't decrease your fasting blood sugar levels.

- A1c between 7 and 8 percent
- Average blood sugar 150–210
- Most fasting blood sugars under 200
- Blood pressure greater than 140/90

Work closely with your health care team if you are going into the YELLOW zone.

Medical Alert Zone ... This is the danger zone if you have:

Red Zone Means:

- You need to be evaluated by a doctor.
- If you have a blood glucose over _____, call your doctor and call 911.
Doctor Phone _____

- A1c greater than 9 percent
- Average blood sugars are over 210
- Most fasting blood sugars are well over 200

Call your physician if you are in the RED ZONE.

The ABCs of Diabetes

Know your ABCs to prevent diabetes complications

A A1C Test (blood glucose test)	B Blood Pressure	C Cholesterol Levels for LDL	S Stop Smoking
LESS THAN	LESS THAN	LESS THAN	SD QuitLine offers FREE tools & services to help you become tobacco-free. sdquitline.com 1-866-SD-QUITS (737-8487)
7%	140/90	100 mg/dl	

Goals may be different for each person.
Ask your doctor what your goal should be.