

My Action Plan

Now that you know how to manage your symptoms, it's time to take action! The tips below will help you get started. Check off the items as you complete them. Before long, managing symptoms will become part of your daily routine.

- ☐ Know your baselines.
- ☐ Ask your healthcare provider what to do if you notice swelling, shortness of breath, or other symptoms.
- ☐ Get a scale with numbers that are easy to read. Place the scale on a hard, flat surface.
- ☐ Get a blood pressure machine (if blood pressure monitoring has been prescribed).
- ☐ Weigh yourself daily. Also measure your blood pressure and heart rate (if prescribed). Record the numbers on your symptom chart.
- ☐ Take your symptom chart to your next doctor appointment.
- ☐ Call your healthcare provider if you notice changes in symptoms, no matter how small they seem!