



Ways to prevent heart failure:

- Don't smoke
- Control high blood pressure and diabetes
- Exercise
- Eat healthy foods
- Maintain a healthy weight
- Reduce and manage stress



Symptoms include:

- Shortness of breath or trouble breathing
- Cough
- Swelling (edema)
- Rapid or irregular heartbeat
- Feeling weak or tired
- Dizziness, confusion, trouble concentrating, or fainting
- Rapid weight gain



If you have symptoms, see your doctor for diagnosis, treatment and instructions for care.



Looking for additional help with your heart failure?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit: www.tricare-west.com/go/DMFAQ.