QCP
QUALITY CARE PARTNERS

• Get regular • health screenings

HEART CARE MATTERS

Regular Checkups Help You Stay Healthier and Avoid Hospital Visits

Did You Know? Heart failure can often be managed successfully when symptoms, medications, weight, and heart health are monitored regularly.

Why Regular Checkups Matter

- Monitor symptoms and fluid retention
- Review medications and side effects
- Reduce emergency room visits and hospitalizations
- Monitor blood pressure and heart rate
- Discuss diet, sodium, and fluid goals
- Identify problems before they become serious



Questions to Ask Your Doctor

- Is my heart failure well controlled?
- What is my target weight?
- Are my medications working as intended?
- How much sodium should I consume?
- Should I limit my fluid intake?
- What symptoms should prompt me to call the office?



Schedule your next checkup today! ✓

Supporting members on their journey toward better heart health.