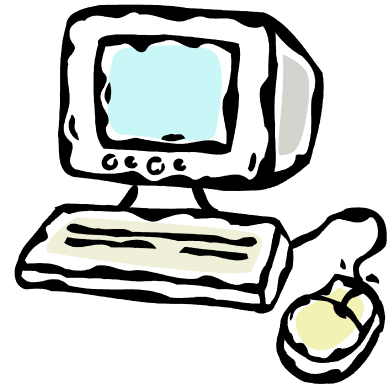


HEART FAILURE RESOURCES

JOHN MUIR HEALTH

- *Heart Failure Tel-Assurance Program*
- *Support Groups and Classes*
- *Smoking Cessation Resources*
- *Websites*
- *Books*
- *Dietary Resources and Cookbooks*
- *Weight Charts*



HEART FAILURE TEL-ASSURANCE[®] PATIENT SUPPORT PROGRAM*

The John Muir Heart Failure (HF) Tel-Assurance[®] Patient Support Program is a specially designed telephone support system for patients with heart failure who receive their healthcare from John Muir Health. This program allows you to begin taking more control over your care with the confidence that your physician will be kept closely informed of your daily progress and response to medication and dietary therapy.

Why Use The John Muir Heart Failure Tel-Assurance[®] Program?

Your condition is very manageable when you and your physician are armed with the right information, treatment plan and follow-up. It is very important to recognize that heart failure is a very treatable condition, and that most people can avoid hospitalizations if they follow a few simple steps.

These may include the restriction of the amount of salt or sodium in your diet and the taking of several different medications that

prevent the accumulation of swelling and fluid. In addition, newer medications that your physician may prescribe for you have been shown to prolong the lives of patients with heart failure.

The purpose of the HF Tel-Assurance[®] Program is to provide you and your physician with the information you need to keep your condition under control. The information that is collected over the telephone is provided to your physician to follow the progress of your care and treat your condition.

How Do I Use The John Muir Heart Failure Tel-Assurance[®] Program ?

Each day between 4 a.m. and noon (local time) you will call the HF Tel-Assurance[®] system to report your daily progress. Using your touch tone telephone you will enter your morning weight and answer simple yes or no questions regarding how you are feeling that day. Answers to these questions will be provided to your physician.

HEART FAILURE RESOURCES

HEART FAILURE TEL-ASSURANCE[®] PATIENT SUPPORT PROGRAM

Your physician will use this information to help manage your heart failure. It is very important that you call each day. Therefore, if you do not call by noon, you will receive a call reminding you to call in every day. When you call HF Tel-Assurance[®] you will be asked the following five questions:

1. Are you short of breath more than usual today?
2. Have you noticed swelling or bloating more than usual today?
3. Did you wake up with shortness of breath last night?
4. Did you sleep in a chair or prop up with pillows more than usual last night?
5. Have you been lightheaded or dizzy more than usual in the last day?

(Additional questions may be added by your care manager.)

Please enter your **morning weight** before hanging up.

Where do I call? (866) 752-6371. This is a toll-free call.



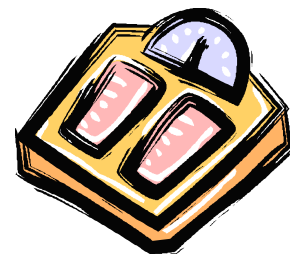
HF Tel-Assurance[®] Program phone calls should be made between the hours of 4 a.m. and 12 noon (local time) each day.

How Do I Start The John Muir Heart Failure Tel-Assurance[®] Program?

Your physician has already approved your enrollment in the Heart Failure Tel-Assurance[®] Program.

To start you will need:

1. **A touch tone telephone.**
2. **A bathroom scale to weigh yourself.**



Each time you call you will be asked to verify your telephone number. The computer scrambles your phone number which keeps it private and secure.

Instructions for using John Muir Heart Failure Tel-Assurance[®] will be provided by your physician or nurse. Additional help is available each time you call The John Muir Heart Failure Tel-Assurance[®] Program.

***Some exclusions apply. For eligibility criteria or for further assistance, please call The Heart Failure Clinic at (925) 952-2887.**

SUPPORT GROUPS AND CLASSES

Cardiac Education Series

Covers general information about heart disease, medications, nutrition, exercise and support. Classes at the Women's Health Center, 1656 N. California Blvd., Suite 100, Walnut Creek (across the street from the Dean Leshner Regional Center for the Arts) are from 6:30 pm to 8:00 pm. Additional daytime classes are offered at the Rossmoor and Concord campuses. To sign up for a class or get more information, call (925) 941-7900, Option 3. Free.

Cardiac Conditioning

Medically supervised cardiac rehabilitation programs are offered to improve cardiovascular fitness and awareness in individuals who have heart or blood vessel disease and to help those who are at high risk of developing circulatory disease. Physician referral is required. Fee, may be covered by insurance. Offered at the following locations:

John Muir Medical Center—Concord Campus (925) 674-2200

John Muir Medical Center—Walnut Creek Campus (925) 947-5254

John Muir Medical Center—Brentwood Campus (925) 308-8140

Mended Hearts

Mended Hearts is a national organization affiliated with the American Heart Association that provides support and education to cardiac patients and their families. Support group meetings are held monthly. Call (925) 947-5206 for more information. Free.

Women's Health Center

Other heart-related classes are held throughout the year at the John Muir Health Women's Health Center. Please call (925) 941-7900, Option 3 for topics and dates.

For additional class offerings visit:

www.johnmuirhealth.com/index.php/health_system_pubs.html

for the John Muir Health Community Health Resource Directory Online.

HEART FAILURE RESOURCES

SMOKING CESSATION RESOURCES

- American Cancer Society – (877) 937-7848, www.cancer.org
Type of Service: Self-help materials; videos for loan; referrals to cessation services.
- American Lung Association – (925) 935-0472, www.lungusa.org
Type of Service: Referrals to cessation services; literature.
- California Smoker’s Helpline, www.nobutts.org
Type of Service: Confidential, one-on-one telephone counseling; self-help materials.
English – (800) NO-BUTTS
Spanish – (800) 456-6386
Cantonese and Mandarin – (800) 838-8917
Vietnamese – (800) 778-8440
Korean – (800) 556-5564
TDD/TYY – (800) 933-4833
Chewing tobacco– (800) 844-CHEW
- Nicotine Anonymous – (877) 879-6422, www.nicotine-anonymous.org
Type of Service: 12-step support group.
- Smoke Enders – (800) 828-4357, Ext. 1, www.smokenders.com
- John Muir Health
For class information and referrals call (925) 941-7900, Option 3.
- Kaiser Permanente: fee for non-members, www.kaiserpermanente.org
Antioch – (925) 813-3560
Martinez – (925) 372-1198
Pleasanton – (925) 847-5172
Richmond – (510) 307-2210
Walnut Creek – (925) 295-4190
- St. Helena Center for Health, (800) 358-9195, www.smokefreelife.com
Type of Service: 12-step program, 7-day live-in program, fee.



WEBSITES

Information on heart failure diagnosis and treatment

- HEART FAILURE ONLINE www.abouthf.org
- HEART FAILURE SOCIETY OF AMERICA www.hfsa.org

Information on heart disease, heart failure, blood pressure, cholesterol and other risk factors

- AMERICAN HEART ASSOCIATION www.americanheart.org/heartfailure
- NATIONAL HEART, LUNG AND BLOOD INSTITUTE www.nhlbi.nih.gov

General information on diseases / conditions, drugs, and health news

- UNITED STATES DEPARTMENT OF HEALTH www.healthfinder.gov
- NATIONAL LIBRARY OF MEDICINE / NATIONAL INSTITUTES OF HEALTH www.medlineplus.gov

General health information

- MAYO CLINIC www.mayohealth.org
- HARVARD HEALTH www.intelihealth.com

Health information for all ages, adults and children

- AMERICAN ACADEMY OF FAMILY PHYSICIANS www.familydoctor.org

Information on drugs, medications and supplements

- AMERICAN SOCIETY HEALTH SYSTEM PHARMACISTS www.safemedication.com

Information on services, classes, physicians and health reference library

- JOHN MUIR HEALTH SYSTEM www.johnmuirhealth.com

Health resource center and library, insurance counseling and other services for seniors available at John Muir Health Senior Services (925) 947-3300.

Information about nutrition and low salt eating

- NUTRITION ACTION NEWSLETTER www.cspi.org
- MY GROCERY LIST www.checkmart.heart.org
- DASH DIET http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

HEART FAILURE RESOURCES

BOOKS

Available at Contra Costa County Libraries, www.ccclib.org

- Mayo Clinic Heart Book by Michael D. McGoon, Call No. 616.12 MAYO
- The John Hopkins Complete Guide to Preventing and Reversing Heart Disease by Peter O. Kwiterovich, Call No. 616.123 KWITEROVICH
- Take a Load Off Your Heart: 109 Things You Can Actually Do to Prevent, Halt, or Reverse Heart Disease by Joseph C. Piscatella and Barry A. Franklin, Call No. 616.1 PISCATELLA
- Success with Heart Failure: Help and Hope For Those With Congestive Heart Failure by Marc A. Silver, Call No. 616.129 SILVER
- Reverse Heart Disease Now: Stop Deadly Cardiovascular Plaque Before It's Too Late by Stephen Sinatra, Call No. 616.1205 SINATRA
- Living With Heart Disease: Everything You Need to Know to Safeguard Your Health and Take Control of Your Life by Larry Katzenstein, Call No. 616.12 KATZENSTEIN
- Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure by Caldwell B. Esselstyn, Jr., Call No. 616.12305 ESSELSTYN
- Heart Smart: A Cardiologist's 5-Step Plan For Detecting, Preventing and Even Reversing Heart Disease by Matthew S. DeVane, Call No. 616.1 DEVANE
- Outliving Heart Disease: The 10 New Rules for Prevention and Treatment by Richard A. Stein, Call No. 616.1205 STEIN

Educational materials available for lending through the John Muir Medical Center Cardiac Conditioning Departments:

- Brentwood Campus — (925) 308-8140
- Concord Campus — (925) 674-2200
- Walnut Creek Campus — (925) 947-5254



DIETARY RESOURCES AND COOKBOOKS

Available at Contra Costa County Libraries, www.ccclib.org

- American Heart Association Low-Salt Cookbook Call No. 641.56323 AMERICAN
- Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook by Bonnie Sanders Polin, Call No. 641.56311 POLIN
- Lifespice Salt-Free Cookbook by Ruth and Hilary Baum, Call No. 641.5632 BAUM
- The No-Salt, Lowest-Sodium Cookbook by Donald A. Gazzaniga, Call No. 641.5632 GAZZANIGA
- Stanford University Healthy Heart Cookbook & Lifeplan by Helen Page, John Schroeder and Tara Dickson, Call No. 641.56311 PAGE
- The Living Heart Cookbook by Antonio M. Gotto, Call No. 641.563 GOTTO
- The Complete Idiot's Guide to Low Sodium Meals by Shelley Vaughan James, Call No. 641.5632 JAMES
- The Hasty Gourmet Low Salt Favorites by Bobbie Mostyn, Call No. 613.285 MOSTYN
- High Blood Pressure: Food, Facts & Recipes by Angie Jefferson, Call No. 641.5631 JEFFERSON
- Indian Recipes For a Healthy Heart: Low-Fat, Low-Cholesterol, Low-Sodium Gourmet Dishes by Mrs. Lakhani, Call No. 641.563 LAKHANI

Nutritional counseling is available through the John Muir Medical Center Nutrition Services Departments:

Concord Campus — (925) 674-2518

Walnut Creek Campus — (925) 947-5314



HEART FAILURE RESOURCES

WEIGHT CHARTS

- Weigh yourself EVERY morning at the same time after you urinate. Do not wear shoes or slippers.
- Keep a record of your daily weight.
- Call your doctor if you gain 3 or more pounds in a day or if you gain 5 or more pounds in less than one week.

Month: _____

Start Date: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Month: _____

Start Date: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

HEART FAILURE RESOURCES

Month: _____

Start Date: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Month: _____

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