

# HEART FAILURE ZONE TOOL

## Every Day...

- ✓ Weigh every morning, after urinating, before dressing, eating, or drinking
- ✓ Eat low-sodium (salt) or No Salt added foods
- ✓ Take your medicine
- ✓ Avoid salt substitutes and seasonings with salt
- ✓ Balance activity and rest periods



## ALL CLEAR ZONE

- 👍 No shortness of breath
- 👍 Weight change of only 1 or 2 pounds in 1 day
- 👍 No swelling in your feet, ankles, legs, or stomach
- 👍 No chest pain

## WARNING ZONE.....

**In Moore County, call your healthcare provider at 910-255-4400. If after hours, call 910-715-1000 and ask for PMC Primary Care doctor on call. In Lee County, call 919-708-1528, during or after hours. PMC Walk In Clinic is available in either county.**

- 👎 Weight gain of 2 to 3 pounds in 1 day OR weight gain of 5 pounds or more over 3 days
- 👎 More swelling in your feet, ankles, legs or stomach
- 👎 Difficulty breathing when lying down or feeling the need to sleep in a chair
- 👎 Feeling uneasy; you know something is not right
- 👎 No energy or feeling more tired

## MEDICAL ALERT ZONE.....

**Call 911 for ANY DISTRESS including:**

- ! Unrelieved shortness of breath while sitting still
- ! Chest discomfort, pain, or tightness
- ! Confusion or can't think clearly

*walk-ins*

# **PINEHURST MEDICAL CLINIC**

**For Same Day Appointments, call  
(910) 255-4400**

## **Walk-In Clinic Hours:**

**Located at 200 Pavilion Way, Southern Pines, NC**

**Monday - Friday: 9 a.m. - 5 p.m.**

**Saturday & Sunday: 8 a.m. - 11:30 a.m.**

To reach the Doctor on call after hours for urgent matters, call (910) 715-1000. Press option "0" and ask for the PMC Doctor on call.

*Appointments may also be scheduled via your patient portal account.*

*walk-ins*

# **SANFORD MEDICAL GROUP**

## **Walk-In Clinic Hours:**

**Located at 555 Carthage Street, Sanford**

**Monday - Friday: 8 a.m. - 5 p.m.**

**Saturday: 8 a.m. - 11:30 a.m.**

To reach the Doctor on call after hours for urgent matters,  
call 919-708-1528.

*Appointments may also be scheduled via your patient portal account.*