

Know Your Heart Health Numbers

HF Risk Management

Name:

Date of Appointment:

Your heart, kidney and metabolic health are closely connected. High blood pressure, high cholesterol, diabetes, kidney disease and excess weight can all increase the risk of developing heart failure or cause existing heart failure to progress. Knowing your numbers can help you and your healthcare team identify problems early, monitor heart failure risk or progression and make informed decisions about your care.

Write down your latest numbers, symptoms and any questions you have on this sheet and take it to your next visit. If you don't know a number, ask your healthcare professional to check for it.

Heart Health Marker	My Number	My Goal	Recommended Range	Why It Matters
Ejection fraction (EF)			50% to 70% is typically considered normal, but EF can be complex and is only one part of understanding heart function. Ask your healthcare professional what your number means for you.	EF measures how well the heart pumps blood to the body and can be checked with heart imaging tests, such as an echocardiogram. An EF under 50% may be a sign of heart failure, but heart failure can sometimes occur even when EF is in the typical range. EF can change over time, so it is important to have a discussion with your healthcare professional about what your EF means for your heart failure risk.
Low-density lipoprotein (LDL) cholesterol			A lower LDL level is usually better. Your goal number depends on your overall cardiovascular risk, medical history and treatment plan. It may be below 100 mg/dL, 70 mg/dL or even 55 mg/dL for very high-risk people. Ask your healthcare team what goal is right for you.	LDL cholesterol can build up in your arteries and is measured with a blood test. This can narrow or block blood flow, making it harder for the heart to pump. Over time, this raises the risk of heart attack. Lower LDL levels are linked with better heart health. <i>Learn more about LDL cholesterol at heart.org/LDL.</i>
Blood pressure			Less than 120/80 mm Hg is considered normal blood pressure for adults. If you have heart failure, kidney disease, diabetes or other health conditions, your healthcare professional may recommend different treatment goals.	Blood pressure shows how hard blood pushes against the artery walls when the heart beats and rests. It can be measured during office visits or at home with a blood pressure monitor. Elevated and high blood pressure (hypertension) make the heart work harder and raise the risk of heart failure. <i>Learn more about blood pressure at heart.org/BP.</i>
Estimated glomerular filtration rate (eGFR)			90 to 120 mL/min/1.73m ² is considered normal.	The eGFR blood test measures how well your kidneys are filtering blood. eGFR levels lower than 90 may show that the kidneys are not working well. This can increase the risk of heart problems, including heart failure risk.
Urine albumin-to-creatinine ratio (UACR)			Less than 30 mg/g is considered normal.	The UACR test checks for albumin, a type of protein, in your urine. A level higher than 30 mg/g can mean kidney damage. This can raise the risk of heart failure.

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Blood sugar/A1c			Fasting blood sugar level: • Normal: Less than 100 mg/dL • Prediabetes: 100 to 125 mg/dL • Diabetes: 126 mg/dL or higher A1c level: • Normal: Below 5.7% • Prediabetes: 5.7 to 6.4% • Diabetes: 6.5% or higher	High blood sugar levels can damage blood vessels and raise the risk of heart disease and heart failure over time. Blood sugar and A1c levels can be measured during office visits, or at home with a home glucose monitor or continuous glucose monitor (CGM). Keeping blood sugar in a healthy range helps protect the heart, kidneys and circulation.
Body weight and waist circumference			Body mass index (BMI) of 18.5 to 24.9 For Asian populations, BMI of 18.5 to 22.9 Waistline smaller than 35 inches for women and 40 inches for men	Sudden weight gain can be a sign that your body is holding on to extra fluid, which may mean heart failure is developing or getting worse. Sudden weight loss can also be important and should be discussed with your healthcare team. It's good to track your weight and check in with your healthcare professional if you notice sudden changes. <i>Learn more about weight management at heart.org/weight.</i>

Symptoms to Discuss:

Have you experienced any new or worsening symptoms?

Shortness of breath

Dizziness

Swelling in your ankles, legs or belly

Trouble lying flat to sleep

Fatigue

Rapid weight gain

Other:

Notes about my symptoms, numbers or screenings:

My Next Appointment:

Questions for My Healthcare Team:

What is my goal for each of these numbers?

Which numbers should I monitor most closely?

What do my results mean for my heart health?

What changes can I make to improve or maintain my heart health?

When should I contact my healthcare team?

Other:

Notes about my action plan:

To learn more about heart failure, visit heart.org/HF.

Call 911 right away if you have severe shortness of breath, chest pain, fainting, new confusion, blue lips or face, or symptoms of stroke. If you have rapid weight gain, worsening swelling, or increasing shortness of breath, contact your healthcare professional promptly.