



# MedStar Family Choice

DISTRICT OF COLUMBIA



## Heart Failure to Heart Success!

### What is Heart Failure?

Heart failure is a chronic condition. The heart muscle is unable to pump enough blood to meet the body's needs for blood and oxygen. The heart cannot keep up with its workload. The body may not get the oxygen it needs.

### What are the symptoms of Heart Failure?

The most common symptoms are:

- Shortness of breath
- Persistent coughing or wheezing
- Tiredness or fatigue
- Lack of appetite or nausea
- Confusion or impaired thinking
- Increased heart rate

## Know the Facts. Get Informed. Be Empowered!

### How do I treat Heart Failure?

Follow a treatment plan to improve symptoms and manage the condition. Begin lifestyle changes such as diet, exercise, and reducing stress. Take your medication. Get ongoing care. Talk with your doctor about medical devices or surgical procedures.

If you have heart failure or experience symptoms, please contact your Doctor to discuss a treatment plan. Your efforts to treat the condition can help improve your quality of life from heart failure to heart success.

To find a doctor or schedule an appointment, please call: **844-391-6678**. For **Transportation**, please call: **866-201-9974**. For more information about events, programs and classes, please visit the **MedStar Family Choice District of Columbia (MFC-DC)** Enrollees Events and Outreach Programs website: [www.medstarfamilychoicedc.com/enrollees/events-and-outreach-programs](http://www.medstarfamilychoicedc.com/enrollees/events-and-outreach-programs).

**MedStar Family Choice District of Columbia complies with all applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.**

If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

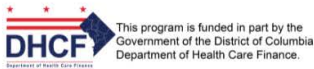
Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

‘영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話。我們會有代表幫助您



**It's how we treat people.**