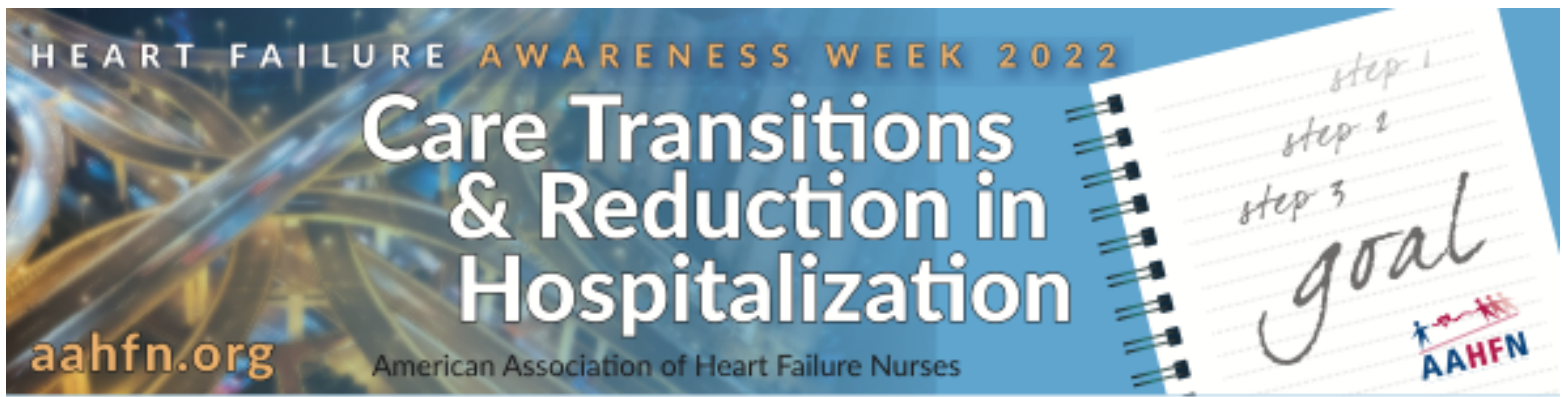




Neighborhood, Environment, and Heart Failure

The Neighborhood we live in affects our overall health more than we realize. Vulnerable and underserved populations are at higher risk for heart disease. Our health is affected by where we live and the resources we have access to. What to ask your healthcare provider to ensure you have everything you need to care for yourself?

1. Do I feel safe in my neighborhood to go for a walk?
2. Do I have access to all my medication and enough money to pick up my medication?
3. Do I have easy access to low sodium foods?
4. Do I have access to a scale to weigh myself daily?
5. Do I have a ride to get to all my appointments?
6. Do I have safe housing?

In the event you may have answered yes to any of the above questions please find common questions to ask your health care provider to find resources to support you.

1. How do I get ahold of the social worker?
2. Do you know of any community resources to help get me healthier food choices?
3. Do you know how my pharmacy can help reduce the cost of my medication?
4. Do you have any transportation resources to help me get to my appointment?
5. Do you have access to tools for patients to check my blood pressure and weight daily?
6. Who can help ensure I have safe housing?
7. Where can I go to get exercise safely?