



LIFE AFTER A HEART ATTACK

My Discharge Worksheet

DATE: _____

PHONE: _____

Now that you survived a heart attack, this worksheet will help you through the days between your discharge from the hospital and follow-up visit with your doctor.

BEFORE LEAVING THE HOSPITAL



Schedule a **follow-up appointment** with your doctor.

DATE: _____ TIME: _____



Ask your doctor for a referral to a **cardiac rehabilitation program** near you.

Participating in a cardiac rehabilitation program is one of the best things you can do after having a heart attack. Rehab programs are medically supervised to help you improve your health and well-being and change your lifestyle habits through exercise training, education and counseling to reduce stress.

CLINIC NAME:

ADDRESS:

PHONE: _____

WEBSITE:



Learn about and take **your medications.**

Remember to take your medications as prescribed and report side effects to your doctor immediately.

[illegible]

MAKING LIFESTYLE CHANGES AFTER A HEART ATTACK

Making lifestyle changes and getting support after a heart attack can help you recover and lower your risk of having a second heart attack.



Know Your Numbers

By tracking your heart rate and blood pressure numbers, you can reduce your risk of having a second heart attack. Ask your doctor to explain what your numbers should be and how often you should check them.

DATE	TIME	HEART RATE	DATE	AM - BLOOD PRESSURE	PM - BLOOD PRESSURE

Track your numbers online at Heart360.org.



Take Steps to Get Physically Active

Talk to your doctor to help you determine when you can begin physical activity and what suits your needs and condition. Many doctors recommend walking because it's safe, easy and free. You can track your walking with this log:

DATE	TIME	ACTIVITY	DISTANCE WALKED	NOTES

Get information and tips about physical activity at Heart.org/PhysicalActivity.



Choose Good Nutrition

Good nutrition can help control your weight and lower blood pressure and cholesterol levels. A healthy dietary pattern emphasizes a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils.

Learn more and access healthy recipes at Heart.org/HealthyEating.



Find Support

Heart attack patients will feel a wide range of emotions, typically for about two to six months. Join the American Heart Association's Patient Support Network to share your experience and get support by connecting with other survivors and caregivers.

Sign up today at SupportNetwork.Heart.org.

Everyone has a reason to
live a healthier, longer life.

What's yours?

“ _____ is why”



For more information on your condition, visit [Heart.org/Conditions](https://www.heart.org/conditions).