



Wellness Check-Up

**Which ZONE are you in today?
Evaluate yourself every day**

EACH DAY:

- Take your medication as directed
- Follow your prescribed diet
- Keep all scheduled doctor's appointments
- Keep your immunizations up-to-date

GREEN ZONE (ALL CLEAR)

ALL CLEAR – This zone is where you want to be:

- Your symptoms are under control
- You feel well
- You can do things you need to do
- You are not bothered by any new symptoms

YELLOW ZONE (CAUTION)

**Call your HBPC Team:
(423) 979-4341**

CAUTION – This zone is a warning. Call your HBPC Team if you have:

- Any new symptoms
- **Any fall**
- Increased shortness of breath
- Nausea, vomiting, diarrhea, or flu-like symptoms (**Call before taking morning medications**)
- New or worsening swelling in your feet, ankles, legs or stomach
- Feeling more tired or increased loss of energy
- Dry hacking cough or increased cough or congestion
- Sudden weakness, dizziness, drowsiness or changes in mental status
- Feeling uneasy and suspect something is not right
- A visit to the Emergency Room or admission to the hospital
- A temperature of 100 degrees or more
- Sweating spells
- Significant increase or decrease in urine, pain with urination, foul odor, or different color to urine

*****Call Your HBPC Team (423) 979-4341*****

RED ZONE (EMERGENCY)

**Go to the ER or
Call 911**

EMERGENCY – Go the Emergency Room or Call 911 if you have:

- New or severe difficulty breathing
- Chest pain that medication or rest does not help
- Sudden weakness in face, arm, or leg, especially on one side of your body, sudden confusion or trouble speaking, trouble seeing, sudden loss of balance or coordination, sudden severe headache
- Severe or prolonged bleeding
- A fall with severe injury