



If you have been diagnosed with heart failure, proper treatment can help you live a longer, healthier life.



Treatment can help relieve your symptoms and make daily activity easier.



Treatment usually includes heart-healthy lifestyle changes, self-monitoring, medicines, and ongoing care.





Looking for additional help with your heart failure?

TRICARE beneficiaries ages 18-64, and not on Medicare, can get individualized telephone coaching with a licensed clinician.

To learn more and nominate yourself, visit:

www.tricare-west.com/go/DMFAQ.