



# Get on the path to a better quality of life.

## Introducing **HF Path**<sup>TM</sup>

MANAGE YOUR WEIGHT

TRACK YOUR SYMPTOMS



WELCOME TO YOUR SECOND COURSE  
2. Communicating with your doctor

TRACK YOUR MEDICATION

TRACK WEIGHT  
Enter your weight daily

SYMPTOM TRACKER  
Track your symptoms every day

LEARN ABOUT HF

LEARN THIS COURSE  
2. How to speak with your doctor

CONNECT WITH OTHERS

TRACK YOUR MEDICATION  
Keep track of your medication

The American Heart Association is pleased to launch **HF Path**<sup>TM</sup> — a self management tool that empowers heart failure patients to better manage and live with their condition.

In addition to tracking weight, medications and symptoms, **HF Path**<sup>TM</sup> also enables users to connect with other patients who are dealing with the challenges of heart failure.

Available on the Web or as an app, **HF Path**<sup>TM</sup> is a great way to help patients enjoy a better quality of life.

**The path to a better quality of life begins here.** 

PLEASE VISIT

[heart.org/HFPath](http://heart.org/HFPath)



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