



# *Congestive Heart Failure*

Do you or someone you know have any of the following symptoms?

1. Shortness of breath (dyspnea) when you exert yourself or when you lie down
2. Swelling in your feet, ankle, legs or abdomen
3. Chest pain
4. Rapid or irregular heartbeat
5. Sudden weight gain from fluid retention
6. Persistent cough or wheezing with white or pink, blood-tinged phlegm
7. Reduced ability to exercise
8. Difficulty concentrating or decreased alertness
9. Fatigue and weakness
10. Lack of appetite and nausea

If you answered yes to even one of these symptoms, please call **Nightingale** at **866-334-7777** to discuss enrollment in Nightingale's *Congestive Heart Failure* program.



## *Nightingale Home Healthcare CHF program highlights:*

- Experienced nursing staff to assist with all aspects of disease management at home
- Experienced, trained therapy staff who will develop a safe exercise program
- Health telemonitoring device available 24x7 to actively track vital signs and weight
- Alert to sudden changes in weight and vital signs
- Trained pharmacist to establish medication protocol

## *Nightingale Home Healthcare program goals:*

- Maintain health and manage disease efficiently
- Prevent re-hospitalizations
- Implement healthy diet and initiate physical activity protocol
- Help patients become independent and symptom free



The Nightingale Home Healthcare *CHF* program provides a strong strategy to help people with CHF symptoms. Our licensed nurses, physical therapists, and occupational therapists provide a comprehensive interdisciplinary approach to ensure the most successful outcome.

(866) 334-7777

Fax: (866) 878-0094

[www.HomeCareForYou.com](http://www.HomeCareForYou.com)



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Parent Company:



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9. Fatigue and weakness
10. Lack of appetite and nausea

If you answered yes to even one of these symptoms, please call **Nightingale at 781-834-7761** to discuss enrollment in Nightingale's *Congestive Heart Failure* program.



Parent Company:



## *Nightingale Visiting Nurses CHF program highlights:*

- Experienced nursing staff to assist with all aspects of disease management at home
- Experienced, trained therapy staff who will develop a safe exercise program
- Health telemonitoring device available 24x7 to actively track vital signs and weight
- Alert to sudden changes in weight and vital signs
- Trained pharmacist to establish medication protocol

## *Nightingale Visiting Nurses program goals:*

- Maintain health and manage disease efficiently
- Prevent re-hospitalizations
- Implement healthy diet and initiate physical activity protocol
- Help patients become independent and symptom free



The Nightingale Visiting Nurses CHF program provides a strong strategy to help people with CHF symptoms. Our licensed nurses, physical therapists, and occupational therapists provide a comprehensive interdisciplinary approach to ensure the most successful outcome.

(781) 834-7761

Fax: (866) 878-0094

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Parent Company:



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9. Fatigue and weakness
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If you answered yes to even one of these symptoms, please call **Aspire at 866-634-7774** to discuss enrollment in Aspire's *Congestive Heart Failure* program.



Parent Company:



## *Aspire Home Healthcare CHF program highlights:*

- Experienced nursing staff to assist with all aspects of disease management at home
- Experienced, trained therapy staff who will develop a safe exercise program
- Health telemonitoring device available 24x7 to actively track vital signs and weight
- Alert to sudden changes in weight and vital signs
- Trained pharmacist to establish medication protocol

## *Aspire Home Healthcare program goals:*

- Maintain health and manage disease efficiently
- Prevent re-hospitalizations
- Implement healthy diet and initiate physical activity protocol
- Help patients become independent and symptom free



The Aspire Home Healthcare *CHF* program provides a strong strategy to help people with CHF symptoms. Our licensed nurses, physical therapists, and occupational therapists provide a comprehensive interdisciplinary approach to ensure the most successful outcome.

(866) 634-7774

Fax: (866) 878-0094

[www.HomeCareForYou.com](http://www.HomeCareForYou.com)



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