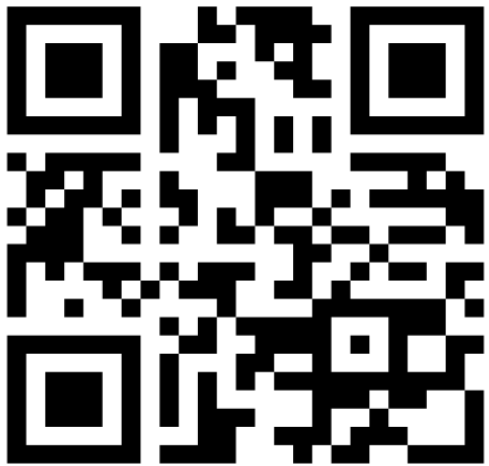




Cardiac Services BC  
Provincial Health Services Authority

# Confidently manage your heart failure



**Scan to watch  
heart failure videos**

- 1** Open your camera on your mobile device.
- 2** Hover over the QR code to scan it.
- 3** Click the link that appears to access heart failure videos.

**For more information visit:**  
[Cardiacbc.ca/HF](http://Cardiacbc.ca/HF)

[cardiacbc.ca](http://cardiacbc.ca)

# After diagnosis: living healthy with heart failure

The Cardiac Services BC heart failure education videos were made to inform people living with heart failure, their families and caregivers on a variety of topics, including:

- What to expect after a diagnosis of heart failure (e.g., diagnostics, testing, devices, treatments)
- Lifestyle adjustments to manage the condition (e.g., diet, exercise)
- When to seek care (e.g., symptom monitoring)



- 1** Open your camera on your mobile device.
- 2** Hover over the QR code to scan it.
- 3** Click the link that appears to access heart failure videos.

**For more information visit**  
**[Cardiacbc.ca/HF](https://cardiacbc.ca/HF)**