A guide to helping you manage heart failure

HOW CAN I AVOID WINDING UP IN THE HOSPITAL FOR HEART FAILURE?
What is heart failure?

FIRST, JUST A BIT ABOUT YOUR HEART

• **Size:** About the same as your fist
• **Main job:** Circulates blood throughout your body
• **How it works:** Every time your heart beats, it pumps blood to the body

WHEN IT BECOMES HEART “FAILURE”

Heart failure doesn’t mean the heart has stopped. It means the heart muscle is weak, so it can’t pump enough blood to keep up with the body’s needs. Unlike a heart attack, heart failure often happens slowly. It’s a chronic condition that gets worse over time and often leads to hospitalization, or even death.
HEALTHY HEART

A muscular pump that squeezes and relaxes to deliver blood to the body

HEART FAILURE

Heart muscle is weaker, so it can’t pump enough blood to the rest of the body
LEARNING THE SYMPTOMS OF HEART FAILURE

There are common signs and symptoms of heart failure that doctors use to help diagnose it. Things like shortness of breath, swelling, difficulty breathing when lying down and fatigue—just to name a few. These symptoms can get worse over time, so use the following tool to check in with yourself along the way.

PAYING ATTENTION TO CHANGES

If you’ve already been diagnosed with heart failure, it’s important to notice any changes in your symptoms. Ask yourself the following questions and check off “yes” or “no” to discuss with your doctor. Note the date the issue started and how often it’s happening and then return to these questions later to update how you’re feeling.

• Have I changed my daily activities because I’m feeling out of breath?
  □ Yes  □ No
  When did it start? _______________  How often does it happen? _______________
  Update:_________________________________________________________

• Do I have swelling in my feet, ankles, or legs?
  □ Yes  □ No
  When did it start? _______________  How often does it happen? _______________
  Update:_________________________________________________________

• Have I gained weight suddenly?
  □ Yes  □ No
  When did it start? _______________  How often does it happen? _______________
  Update:_________________________________________________________

• Do I need to use pillows to prop myself up or sit upright in a chair to sleep or breathe easier?
  □ Yes  □ No
  When did it start? _______________  How often does it happen? _______________
  Update:_________________________________________________________

• Has fatigue limited my ability to do the daily activities I want to do?
  □ Yes  □ No
  When did it start? _______________  How often does it happen? _______________
  Update:_________________________________________________________
CONTINUING TO MONITOR HOW YOU’RE FEELING

If you answered “yes” to anything, talk to your doctor about what that could mean. Changes in symptoms could be alerting you that your heart failure is getting worse. Heart failure is a progressive disease—and many people end up in the hospital because of it. So, staying on top of how you’re feeling day-to-day is a good way to help manage it.

ARE YOU ALSO MANAGING OTHER CONDITIONS?

You may be dealing with symptoms from more than one condition. If so, it can be hard to figure out which condition is causing your symptoms. Keep track of what you’ve experienced here to help work with your doctor in sorting it out.

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<tr>
<th>Year Diagnosed</th>
<th>Name of Condition</th>
<th>What You Experienced</th>
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Alarming risks

You could be at risk for landing in the hospital if your heart failure gets worse. And it can even lead to death. Take a look at the numbers.

Almost 1 million hospitalizations a year for heart failure

#1 diagnosis for going back in the hospital within a month

1 in 8 deaths a year are associated with heart failure

YOU CAN TAKE AN ACTIVE ROLE

You can start thinking about changes you can make to reduce your risk of going to the hospital for heart failure. Then, you can break those changes into smaller goals to help you reach them. Recruit some supportive people in your life, including your doctor, to cheer you on!

One person I can recruit to help me:
3 ways to help manage your risk of landing in the hospital for heart failure

There may be some lifestyle changes you can make that would be helpful for your heart. Your doctor is the best person to talk to about this. Together, you can look at 3 main areas:

1. WHAT YOU’RE EATING

What’s your biggest unhealthy food temptation? Could you cut back on it? (Many people think of high fat or sugary foods as unhealthy. But did you know salty foods can be unhealthy too? For example, a slice of pizza can have more salt than you need in a day.)

What’s one unhealthy food you can totally cut out?

What’s one healthy food you can add?

Note the foods you were able to add (+) or cut out/back on (-)

<table>
<thead>
<tr>
<th>Write name of food</th>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
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2. YOUR ACTIVITIES

What’s one activity that’s important to you?

__________________________________________

What’s one activity that you miss doing?

__________________________________________

Setting your goals:

How soon would you like to be able to do that activity again?

__________________________________________

How often would you like to do it?

_____ times/day  _____ times/week  _____ times/month  _____ times/year

What are some other things to follow up on with your health care provider?

__________________________________________

__________________________________________

Tracking your goals for the next few weeks

<table>
<thead>
<tr>
<th>Activity goal</th>
<th>Check how many times you engaged in this activity</th>
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<td>Week 1</td>
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<td>5</td>
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3. MEDICINES YOU’RE TAKING

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>What you’re taking it for?</th>
<th>When was it prescribed?</th>
<th>Was your medicine changed?</th>
<th>What’s the new amount you take?</th>
<th>What’s the new medicine’s name (if this applies)?</th>
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<td>Circle Y or N</td>
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Thoughts your doctor has about any medicine or additional medicine(s) to help keep you out of the hospital for heart failure:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Working with your doctor to find the right combination of heart failure medications can help keep you alive and out of the hospital.
What is FARXIGA® (dapagliflozin)?
FARXIGA is a prescription medicine used to:
reduce the risk of cardiovascular death and hospitalization for heart failure in adults with heart failure (when the heart is weak and cannot pump enough blood to the rest of your body)

Important Safety Information
Who should not take FARXIGA?
Do not take FARXIGA if you:
• are allergic to dapagliflozin or any of the ingredients in FARXIGA. Symptoms of a serious allergic reaction may include skin rash, raised red patches on your skin (hives), swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing. If you have any of these symptoms, stop taking FARXIGA and contact your healthcare provider or go to the nearest hospital emergency room right away
• have severe kidney problems and are taking FARXIGA to lower your blood sugar
• are on dialysis
FARXIGA can help keep you from being hospitalized for heart failure

ASK YOUR DOCTOR ABOUT ADDING FARXIGA TO YOUR TREATMENT PLAN.

Important Safety Information (Cont’d)
What are the possible side effects of FARXIGA?
FARXIGA may cause serious side effects including:

- **Dehydration** (the loss of body water and salt), which may cause you to feel dizzy, faint, lightheaded, or weak, especially when you stand up (orthostatic hypotension). There have been reports of sudden kidney injury in people with type 2 diabetes who are taking FARXIGA. You may be at a higher risk of dehydration if you take medicines to lower your blood pressure, including water pills (diuretics); are age 65 or older; are on a low salt diet, or have kidney problems. Talk to your doctor about what you can do to prevent dehydration including how much fluid you should drink on a daily basis.

Please see Important Safety Information on pages 14-15.
Sign up for a $0 co-pay today

*As low as $0 for as long as your doctor prescribes any available dose of FARXIGA

SOME IMPORTANT BENEFITS

1. Pay as low as $0/month regardless of a 30- or 90-day supply
2. Enjoy this offer on your first prescription and on refills
3. Go online to easily enroll
4. Download a new card anytime at www.farxiga.com/savingscard

Enroll today for savings and support for FARXIGA at 1-855-3FARXIGA or www.farxiga.com/savingscard.
ELIGIBILITY: You may be eligible for this offer if you are insured by commercial insurance and your insurance does not cover the full cost of your prescription, or you are not insured and are responsible for the cost of your prescriptions. Patients who are enrolled in a state or federally funded prescription insurance program are not eligible for this offer. This includes patients enrolled in Medicare Part D, Medicaid, Medigap, Veterans Affairs (VA), Department of Defense (DOD) programs or TRICARE, and patients who are Medicare eligible and enrolled in an employer-sponsored group waiver health plan or government-subsidized prescription drug benefit program for retirees. If you are enrolled in a state or federally funded prescription insurance program, you may not use this savings card even if you elect to be processed as an uninsured (cash-paying) patient. This offer is not insurance, is restricted to residents of the United States and Puerto Rico, and to patients over 18 years of age.

TERMS OF USE: Eligible commercially insured patients with a valid prescription for FARXIGA® (dapagliflozin) who present this savings card at participating pharmacies will pay as low as $0 per 30-day supply. Maximum savings limit applies; patient out-of-pocket expense may vary. If you pay cash for your prescription, AstraZeneca will pay up to the first $150, and you will be responsible for any remaining balance, for each monthly prescription. Other restrictions may apply. Patient is responsible for applicable taxes, if any. Non-transferable, limited to one per person, cannot be combined with any other offer. Void where prohibited by law, taxed or restricted. Patients, pharmacists, and prescribers cannot seek reimbursement from health insurance or any third party for any part of the benefit received by the patient through this offer. AstraZeneca reserves the right to rescind, revoke, or amend this offer, eligibility and terms of use at any time without notice. This offer is not conditioned on any past, present or future purchase, including refills. Offer must be presented along with a valid prescription at the time of purchase. For additional details about this offer, please visit www.FARXIGAsavings.com. If you have any questions regarding this offer, please call 1-844-631-3978.

BY USING THIS CARD, YOU AND YOUR PHARMACIST UNDERSTAND AND AGREE TO COMPLY WITH THESE ELIGIBILITY REQUIREMENTS AND TERMS OF USE.
Important Safety Information for FARXIGA®
(dapagliflozin) 5 mg and 10 mg tablets

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• have severe kidney problems and are taking FARXIGA to lower your blood sugar
• are on dialysis

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• **Ketoacidosis** occurred in people with type 1 and type 2 diabetes during treatment with FARXIGA. Ketoacidosis is a serious condition which may require hospitalization and may lead to death. Symptoms may include nausea, tiredness, vomiting, trouble breathing, and abdominal pain. If you get any of these symptoms, stop taking FARXIGA and call your healthcare provider right away. If possible, check for ketones in your urine or blood, even if your blood sugar is less than 250 mg/dL
• **Serious urinary tract infections (UTI)**, some that lead to hospitalization, occurred in people taking FARXIGA. Tell your healthcare provider if you have any signs or symptoms of UTI including a burning feeling when passing urine, a need to urinate often, the need to urinate right away, pain in the lower part of your stomach (pelvis), or blood in the urine with or without fever, back pain, nausea, or vomiting
• **Low blood sugar (hypoglycemia)** can occur if you take FARXIGA with another medicine that can cause low blood sugar, such as sulfonylureas or insulin. Symptoms of low blood sugar include shaking, sweating, fast heartbeat, dizziness, hunger, headache, and irritability. Follow your healthcare provider’s instructions for treating low blood sugar
• **Bacterial infections under the skin of the genitals and areas around them.** Rare but serious infections that cause severe tissue damage under the skin of the genitals and areas around them have happened with FARXIGA. This infection has happened in women and men and may lead to hospitalization, surgeries and death. Seek medical attention immediately if you have fever or you are feeling very weak, tired or uncomfortable and you also develop any pain or tenderness, swelling, or redness of the skin in the
Important Safety Information for FARXIGA®
(dapagliflozin) cont’d

genitals and areas around them

• **Vaginal yeast infections** in women who take FARXIGA. Talk to your healthcare provider if you experience vaginal odor, white or yellowish vaginal discharge (discharge may be lumpy or look like cottage cheese), or vaginal itching

• **Yeast infection of skin around the penis (balanitis)** in men who take FARXIGA. Talk to your healthcare provider if you experience redness, itching, or swelling of the penis; rash of the penis; foul smelling discharge from the penis; or pain in the skin around penis. Certain uncircumcised men may have swelling of the penis that makes it difficult to pull back the skin around the tip of the penis

**The most common side effects of FARXIGA** include yeast infections of the vagina or penis, and changes in urination, including urgent need to urinate more often, in larger amounts, or at night.

**What should I tell my healthcare provider before taking FARXIGA?**

Before you take FARXIGA, tell your healthcare provider:

• all of your medical conditions, including problems with your kidneys, liver, bladder, or pancreas

• if you have had, or have risk factors for, ketoacidosis (including type 1 diabetes, are eating less due to illness, surgery, or a change in your diet, are going to have surgery, or binge drink)

• if you are pregnant, or plan to become pregnant. FARXIGA may harm your unborn baby

• if you are breastfeeding, or plan to breastfeed. It is unknown if FARXIGA passes into your breast milk

• about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements

**Approved Uses for FARXIGA® (dapagliflozin)**

**What is FARXIGA?**

FARXIGA is a prescription medicine used to:

• improve blood sugar control along with diet and exercise in adults with type 2 diabetes

• reduce the risk of hospitalization for heart failure in adults with type 2 diabetes and known cardiovascular disease or multiple cardiovascular risk factors

• reduce the risk of cardiovascular death and hospitalization for heart failure in adults with heart failure (when the heart is weak and cannot pump enough blood to the rest of your body)

FARXIGA should not be used to treat people with type 1 diabetes or diabetic ketoacidosis (increased ketones in your blood or urine).

Please visit [www.FARXIGAMedGuide.com](http://www.FARXIGAMedGuide.com) for Medication Guide, and [www.FARXIGAPI.com](http://www.FARXIGAPI.com) for US Full Prescribing Information for FARXIGA.

You may report side effects related to AstraZeneca products by clicking here.

If you can’t afford your medication, AstraZeneca may be able to help. For more information, please visit [www.AstraZeneca-us.com](http://www.AstraZeneca-us.com).
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