

GETTING STARTED WITH ENTRESTO®

A guide to making healthy choices and staying with your treatment plan

Not actual patients.

Entresto®
(sacubitril/valsartan) tablets
24/26mg · 49/51mg · 97/103mg

Please see Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

NOVARTIS

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Welcome to the Enspire PROGRAM from Entresto®

SUPPORT DESIGNED WITH YOU IN MIND

Thank you for making strides in managing your Heart Failure (HF) and signing up for this free 12-month lifestyle and treatment support program.

Living with HF isn't one size fits all. But, the ENSPIRE Program from ENTRESTO® can be your one-stop resource. Tap into a wide range of support tools for you and your caregivers via text and/or email.

You can also find resources on **ENTRESTO.com**.

As part of the ENSPIRE Program, this piece includes some of the support and resources available to you, like:

- How to involve your support system
- Caregiver resources
- ENTRESTO® financial support
- How to take ENTRESTO
- Tips for tracking HF symptoms
- Healthy living tips for managing HF

HAVE QUESTIONS?

Call **1-888-ENTRESTO (1-888-368-7378)**, Monday-Friday, excluding holidays, from 8:00 AM-8:00 PM ET.

What is ENTRESTO?
ENTRESTO is a prescription medicine used to treat adults with long-lasting (chronic) heart failure to help reduce the risk of death and hospitalization. ENTRESTO works better when the heart cannot pump a normal amount of blood to the body.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENTRESTO?
ENTRESTO can harm or cause death to your unborn baby. Talk to your doctor about other ways to treat heart failure if you plan to become pregnant. If you get pregnant during treatment with ENTRESTO, tell your doctor right away.

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

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STAY CONNECTED!

Follow us on Instagram
entresto_sacubitril_valsartan

Visit our page at
Facebook.com/ENTRESTO

Watch videos at
bit.ly/entrestovideos
YouTube.com/LivingWithHF

Please see Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

Discover the power of your support system

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You're not alone! Your team of doctors, caregivers, friends, and family are here for you. Having honest and trusting relationships can make it easier to cope with and manage Heart Failure (HF). Be sure to involve your team in anything important to you.



BE OPEN WITH DOCTORS

Whether you have HF or are caring for someone who does, it's important to have an honest relationship with your doctor. In this kit, you'll find a **Symptom Tracker**, which can prepare you for better appointments. You can also prepare with the **Doctor Discussion Guide**. The more you communicate with your care team, the easier it will be for them to help you manage HF.



ASK LOVED ONES FOR HELP

Whether it's a significant other, a friend, or even a child, friends and family members often play a key role in helping manage HF. It's important for people with HF to talk to their loved ones about how they feel. People with HF usually find that things get easier once they ask for help, make decisions together, and take on their condition as a team.



MIND, BODY, AND HEART WELLNESS

Our everyday habits can impact us in big ways. Whether it's working on mental wellness, eating well, or moving more, every effort counts in the name of self-care. When you care for your mind, body, and heart, you are also taking care of those around you.

Visit the American Heart Association Healthy Living page on **Heart.org** for tips.*

*By clicking on this link, you may be directed to an external source that is independently operated and is not owned or controlled by Novartis Pharmaceuticals Corporation. Novartis does not control the content of this site and assumes no responsibility for its use.

IMPORTANT SAFETY INFORMATION (cont)

Do not take ENTRESTO if you:

- are allergic to any of the ingredients in ENTRESTO
- have had an allergic reaction including swelling of your face, lips, tongue, throat (angioedema) or trouble breathing while taking a type of medicine called an angiotensin-converting enzyme (ACE) inhibitor or angiotensin II receptor blocker (ARB)

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

Caregivers need care, too

Note: Share this page with your caregiver

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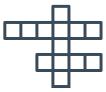
Many people with Heart Failure (HF) say their family and friends are the most important members of their support team. You cannot give proper care unless you first take care of yourself. That's why we have some resources to help you manage their condition, as well as ways to practice self-care throughout the treatment journey.



BUILD A CARE TEAM

Beyond doctors, nurses, and pharmacists, enlist the help of family members, friends, and neighbors.



GIVE YOUR MIND AND BODY A BREAK

Play a **brain game** like a word puzzle or relax by taking a few moments to focus on your breathing. For more tips, visit the **Patient Support** page.



SET UP TIME TO BE SOCIAL

Make plans to get out and see friends.



FIND PEER SUPPORT GROUPS

Ask your doctor or hospital, or search online to see if there are caregiver assistance programs in your community.

Caregiver's checklist

These key tips and resources will help you along your caregiving journey:

- Use a **shared online calendar** with the other people who provide care to your loved one to stay on top of appointments.
- **Establish routines** for spending time with and checking in on your loved one outside of caregiving responsibilities.
- Reach out to **community services** such as Meals on Wheels or local transportation offerings (go to the **Resources** page for more info).
- **Make regular time** for other family and friends by phone or in person.
- Ask other caregivers and doctors about **new technologies**, like apps, that can make caregiving tasks easier.

IMPORTANT SAFETY INFORMATION (cont)

Do not take ENTRESTO if you:

- take an ACE inhibitor medicine. Do not take ENTRESTO for at least 36 hours before or after you take an ACE inhibitor medicine. Talk with your doctor or pharmacist before taking ENTRESTO if you are not sure if you take an ACE inhibitor medicine

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

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ENTRESTO may be covered by Medicare

To help you, Novartis has pulled together useful support and resources about Medicare. Visit **MyCoverageResource.com** to find out what ENTRESTO may cost with Medicare.

LEARN WHICH MEDICARE PLANS COVER ENTRESTO



Learn more about how much you'll pay for ENTRESTO

ENTRESTO is here to help and provide support. Whether you have commercial, government, or no insurance, ENTRESTO offers options. Out-of-pocket costs for your ENTRESTO prescription may vary, depending on your prescription drug coverage.

WATCH THE Q&A: ENTRESTO SAVINGS & SUPPORT VIDEO

THERE MAY BE HELP AVAILABLE IF YOU CAN'T AFFORD ENTRESTO

If you are experiencing financial hardship, have limited or no prescription coverage, and cannot afford the cost of your medication, then you may be eligible to receive Novartis medications for free through the Novartis Patient Assistance Foundation, Inc (NPAF), an independent, nonprofit, charitable organization. NPAF can be reached at **1-800-277-2254**, or visit **www.PAP.Novartis.com** for more information and to download an application. Please note that your signature, along with your health care provider's information and signature, will be needed for this.

IMPORTANT SAFETY INFORMATION (cont)

Do not take ENTRESTO if you:

- have diabetes and take a medicine that contains aliskiren

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

ENTRESTO® financial support

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Have you signed up for a Co-Pay Offer?



PRIVATELY INSURED PATIENTS PAY AS LITTLE AS $10 FOR UP TO A 90-DAY SUPPLY.*

Not valid under Medicare, Medicaid, or any other federal or state program. Additional limitations apply.

Your co-pay details can also be downloaded onto Apple Wallet or Google Pay for your convenience.

NOTE: Once you sign up, your co-pay registration will automatically be renewed at the beginning of each calendar year (annual limit of $4100).

***Co-Pay Terms & Conditions:** Limitations apply. Valid only for those with private insurance. The Program includes the Co-pay Card, Payment Card (if applicable), and Rebate, with a combined annual limit of $4100. Patient is responsible for any costs once limit is reached in a calendar year. Program not valid (i) under Medicare, Medicaid, TRICARE, VA, DoD, or any other federal or state health care program, (ii) where patient is not using insurance coverage at all, (iii) where the patient's insurance plan reimburses for the entire cost of the drug, or (iv) where product is not covered by patient's insurance. The value of this program is exclusively for the benefit of patients and is intended to be credited towards patient out-of-pocket obligations and maximums, including applicable co-payments, coinsurance, and deductibles. Program is not valid where prohibited by law. Patient may not seek reimbursement for the value received from this program from other parties, including any health insurance program or plan, flexible spending account, or health care savings account. Patient is responsible for complying with any applicable limitations and requirements of their health plan related to the use of the Program. Valid only in the United States and Puerto Rico. Limitations may apply in CA and MA. This Program is not health insurance. Program may not be combined with any third-party rebate, coupon, or offer. Proof of purchase may be required. Novartis reserves the right to rescind, revoke, or amend the Program and discontinue support at any time without notice.

Some health plans may not accept a co-pay. Please contact your insurance provider to find out if your plan allows the use of a co-pay.

HOW TO SIGN UP

Visit ENTRESTO.com
Click on the "Savings and Support" tab, then on "Sign up for Savings and Support"

or

Text SIGNUP to 470-264-9643†
for savings through your mobile phone

or

Call 1-888-ENTRESTO (1-888-368-7378)
(Monday-Friday, excluding holidays, 8:00 AM-8:00 PM ET)

†Message and data rates may apply.

IMPORTANT SAFETY INFORMATION (cont)

Before taking ENTRESTO tell your doctor about all of your medical conditions, including if you:

- have a history of hereditary angioedema
- have kidney or liver problems

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

HF can change the structure of your heart

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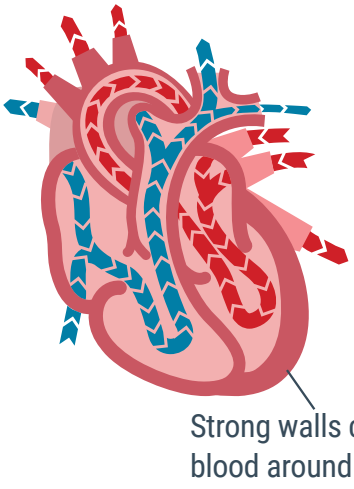
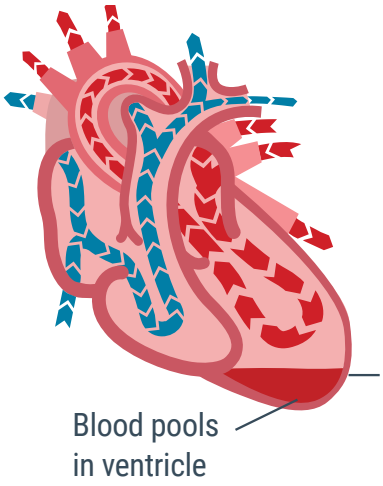
The heart is a powerful muscle that circulates blood throughout the body. If you have HF, it doesn't mean that your heart has stopped working. However, it does mean that the structure of your heart may have changed and isn't working well.

Healthy Heart



- When it relaxes, it fills with blood
- When it squeezes, it pushes that blood, which contains nutrients and oxygen, out to the rest of the body

Heart Failure



- HF can change the structure of your heart so it may not work as well
- When you have one type of HF, your heart is weakened and unable to pump enough blood throughout your body

HF is a serious condition. But staying on top of your medication and following certain lifestyle changes can help better manage the condition.

IMPORTANT SAFETY INFORMATION (cont)

Before taking ENTRESTO tell your doctor about all of your medical conditions, including if you:

- are pregnant or plan to become pregnant; are breastfeeding or plan to breastfeed. You should either take ENTRESTO or breastfeed. You should not do both

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

How ENTRESTO works

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ENTRESTO contains 2 active ingredients that work in different ways:

1

The first ingredient, **valsartan**, has been used for years to treat Heart Failure (HF). **Valsartan** reduces blood vessel tightening and the buildup of sodium and fluid.

2

The second ingredient, **sacubitril**, works unlike any other HF treatment and can only be found in ENTRESTO. It helps relax blood vessels and decrease sodium and fluid in the body.

HF can change the structure of your heart so it may not work as well.

ENTRESTO helps improve your heart's ability to pump blood to the body. Individual results may vary.

In a study where the patients' hearts were stretched and weak, ENTRESTO was proven superior at helping people stay alive and out of the hospital vs enalapril.

Watch this video to learn more: ENTRESTO.com/how-entresto-works

IMPORTANT SAFETY INFORMATION (cont)

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Especially tell your doctor if you take potassium supplements or a salt substitute; nonsteroidal anti-inflammatory drugs (NSAIDs); lithium; or other medicines for high blood pressure or heart problems such as an ACE inhibitor, ARB, or aliskiren.

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

ENTRESTO is a twice-daily medicine

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Taking it at the same times each day—for example, when you first wake up and again before you go to bed—may make you less likely to miss a dose. ENTRESTO can also be taken with or without food.

How to take ENTRESTO

ENTRESTO is a tablet that comes in the following doses:



24/26 mg



49/51 mg



97/103 mg

Pills shown are not actual size.

You should take your dose of ENTRESTO exactly as prescribed by the doctor. ENTRESTO is usually used with other Heart Failure (HF) medicines, in place of an ACE inhibitor or other ARB. Keep in mind: You should not take an ACE inhibitor and ENTRESTO together.

Remember to take your medicine

Here are some tips to remind yourself to take ENTRESTO:



Set alarms on your phone



Take after brushing your teeth in the morning and evening



Keep it where you can see it—like on your side table or kitchen counter

Even if you feel better, ENTRESTO only works when you take it as prescribed by your doctor.

IMPORTANT SAFETY INFORMATION (cont)

What are the possible side effects of ENTRESTO?
ENTRESTO may cause serious side effects including:

- **Swelling of your face, lips, tongue and throat (angioedema) that may cause trouble breathing and death.** Get emergency medical help right away if you have symptoms of angioedema or trouble breathing. Do not take ENTRESTO again if you have had angioedema while taking ENTRESTO

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

Entrusting your heart to ENTRESTO®

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ENTRESTO is approved to treat adults with long-lasting (chronic) Heart Failure (HF) and works better when the heart cannot pump a normal amount of blood to the body, whether the heart is too weak or too stiff to pump the way it should. Individual results may vary.

See how real people who take ENTRESTO are living with their condition



"I had to get up and be that wife again. And mom. And grandma. **I had to empower myself and educate myself about Heart Failure.**"

Modesta*



"**I take my medicine twice daily**, in the morning around 8 o'clock and in the evening around 8 o'clock... I'm doing well."

Herb*

*The actual patients have been compensated for their time.

Go to real-life stories of people taking ENTRESTO: HFPatientStories.com

IMPORTANT SAFETY INFORMATION (cont)

What are the possible side effects of ENTRESTO?
ENTRESTO may cause serious side effects including:

- People who are Black or who have had angioedema and take ENTRESTO may have a higher risk of having angioedema

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

Tips to help you keep track of taking ENTRESTO®

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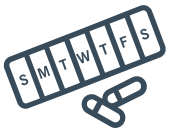
Here are a few ways to help you and your caregiver stay on top of your treatment



USE A PILL BOX TO STAY ON TRACK

Invest in a pill box: You can find them at most pharmacies and they are fairly inexpensive. If you take multiple medications, this is a great way to keep them all together so you remember to take them as prescribed.

Fill it once a week: For example, fill it on Sunday so you'll know what to take for the week and when. Remember, every dose is an important one so be patient and take your time to ensure your pill box is filled correctly.



SET YOUR SMART PHONE TO DO SMART THINGS

Program an alarm for each dose of each medicine. Take a picture of each pill and pill bottle. And set calendar reminders for prescription refills.



DISCOVER THE POWER OF A ROUTINE

For example, try taking ENTRESTO before something you do every day, like before you brush your teeth in the morning and at night. **Matching medicines with daily routines can help you remember to take them.**

Find more tips on page 13 ▶

IMPORTANT SAFETY INFORMATION (cont)

What are the possible side effects of ENTRESTO?
ENTRESTO may cause serious side effects including:

- **low blood pressure (hypotension)**, which may be more common if you take water pills. Call your doctor if you become dizzy or lightheaded, or you develop extreme fatigue

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

Tips to help you keep track of taking ENTRESTO®

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KEEP IT SIMPLE AT THE PHARMACY

Try to use the same pharmacy for all of your medications whenever possible. This way your pharmacist should have all of your information handy and can help answer questions about any of the medicines you are taking, including possible side effects or drug interactions. It can also make it easier for your doctor if they are sending all of your prescriptions to one place.

BE REFILL READY

There are things you can do at the doctor or pharmacy to help manage your refills and possibly save you trips to the pharmacy. You can ask your doctor about a 90-day prescription for ENTRESTO. Getting one means worrying less about missed doses. You can also see if your pharmacy offers text alerts for refills or can mail your prescriptions directly to you.

THINK AHEAD

Take a look at your calendar for things like upcoming holidays and travel. **Plan ahead to have easy access to your medicine** during these busy times so they don't become excuses to miss doses.

IMPORTANT SAFETY INFORMATION (cont)

What are the possible side effects of ENTRESTO?
ENTRESTO may cause serious side effects including:
- **kidney problems**
- **increased amount of potassium in your blood (hyperkalemia)**

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My Treatment Tracker

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Need help remembering when to take your medications? The Treatment Tracker makes staying on top of your ENTRESTO® schedule a breeze.

Instructions: Use this interactive file on your computer to type in when you took your medicine, then save it. Make a new file for each new month. Or print copies of this page for each month and track that way, too.

MONTH _____

AM
PM

SUN	MON	TUES	WED	THURS	FRI	SAT

Go to next page for a place to fill in which medicines you take. ▶

Ask your doctor about a 90-day prescription for fewer trips to the pharmacy.

Please see Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

Start tracking your medicine

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It's important that you stay on top of your medicine as prescribed by the doctor. These tools can help you and your caregiver stay organized. **If you have any questions, don't hesitate to ask your doctor.**

Instructions: Use this interactive file on your computer to type in what medicines you take, then save it. Or print however many copies you need of this page and track that way, too.

Medicine

Condition

Dose/How Often

Prescribing Doctor **Date**

Medicine

Condition

Dose/How Often

Prescribing Doctor **Date**

Medicine

Condition

Dose/How Often

Prescribing Doctor **Date**

Download more pages at YourMedTracker.com

Please see Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

Know the symptoms of Heart Failure (HF)

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Symptoms of HF can get in the way of everyday tasks. Understanding what those symptoms are is important. When symptoms get worse, they can lead to HF hospitalization. Log your symptoms every day to stay on top of HF. You've got this!

Symptoms of HF for you and your caregiver to watch out for:



Shortness of breath



Swelling



Feeling tired, fatigued



Coughing



Confusion



Rapid weight gain

TRACKING SYMPTOMS IS ONE WAY TO HELP BETTER MANAGE HF

Noticing changes in your HF symptoms can help you monitor if your HF is progressing or getting worse—putting you at risk for a hospitalization.
Use the helpful symptom tracker on the next page to input any HF symptoms experienced each day and share them during your next doctor's appointment.



IMPORTANT SAFETY INFORMATION (cont)

What are the possible side effects of ENTRESTO?
The most common side effects were low blood pressure, high potassium, cough, dizziness, and kidney problems.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit **www.fda.gov/medwatch**, or call 1-800-FDA-1088.

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

Start tracking your symptoms today

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Record your symptoms every day

Instructions: Use this interactive file on your computer to check off your symptoms every day, then save it. Make a new file for each day. Or print however many copies of this page you may need and track that way, too.

Date _____

Weigh yourself each morning at the same time
If you notice you've gained 3 or more pounds in 1 day, call your doctor right away.

Weight _____ lbs.

Symptoms	None	Better	Same	Worse	New
Feeling tired	☐	☐	☐	☐	☐
Swelling	☐	☐	☐	☐	☐
Coughing	☐	☐	☐	☐	☐
Shortness of breath	☐	☐	☐	☐	☐

Date _____

Weigh yourself each morning at the same time
If you notice you've gained 3 or more pounds in 1 day, call your doctor right away.

Weight _____ lbs.

Symptoms	None	Better	Same	Worse	New
Feeling tired	☐	☐	☐	☐	☐
Swelling	☐	☐	☐	☐	☐
Coughing	☐	☐	☐	☐	☐
Shortness of breath	☐	☐	☐	☐	☐

Download more pages at HFSymptomTracker.com

Please see Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

The importance of adopting healthy habits

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Along with finding the right treatment and sticking with it, making certain lifestyle changes is key to better managing HF. If the doctor approves, get moving! **Staying active, eating heart-healthy, and making smart choices** can help better control your condition. Team up with your caregiver to reach your goals.

Whether you're a patient or caregiver, here you'll find a handful of ideas designed to make HF a little easier to manage



STAYING ACTIVE AT HOME

You can stay active with everyday things. Like

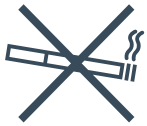
- vacuuming the house
- dancing with your loved ones
- raking leaves in the yard

Little things can make a big difference.



WALKING COUNTS

Walking doesn't have to be strenuous to be beneficial. In fact, in addition to strengthening the heart, walking has also been shown to increase energy and limit weight gain. People with HF can start with a walk to the mailbox and try to increase the distance each week.



QUIT SMOKING

Among a host of other health complications, tobacco can also lower one's tolerance for physical activity. People with HF who currently smoke or use tobacco should make every effort to quit as soon as possible so their lungs can begin to heal.

Please see full **Prescribing Information**, including **Boxed WARNING**, and **Patient Prescribing Information**.

Please see Important Safety Information throughout.

Controlling fluid retention and watching for weight gain

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Another important component of HF management is monitoring fluid intake and watching for weight gain. When people have HF, it often means their body is retaining more fluid than it can handle.

Tips for keeping your fluid intake and weight in check:



LIMITING LIQUIDS

To help minimize water retention, people with HF should try not to drink too many beverages or eat foods with a high water content like popsicles or fruit. Instead of reaching for a drink, they can try chewing sugar-free gum instead.



AVOIDING ALCOHOL

It's also important for people with HF to limit the amount of alcohol they drink. People with HF should discuss any alcohol use with their doctor.



WEIGH YOURSELF DAILY

Weight gain can be a sign of fluid retention so it's important for people with HF to weigh themselves every day. If 3 or more pounds of weight gain is detected over a 24-hour period, your doctor should be called right away.

What is ENTRESTO?
ENTRESTO is a prescription medicine used to treat adults with long-lasting (chronic) heart failure to help reduce the risk of death and hospitalization. ENTRESTO works better when the heart cannot pump a normal amount of blood to the body.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENTRESTO?
ENTRESTO can harm or cause death to your unborn baby. Talk to your doctor about other ways to treat heart failure if you plan to become pregnant. If you get pregnant during treatment with ENTRESTO, tell your doctor right away.

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

Eating for the health of it

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Along with taking ENTRESTO® as prescribed, changing certain eating habits is another key part of managing HF. For example, cutting back on salt is important. Salt causes the body to retain water, which makes it harder for the heart to pump and can cause HF symptoms like swelling in the legs and feet.

For a healthier heart, you and your caregiver can try working these healthy habits into your routine.



SHOPPING SMARTER

Many foods contain far more salt than you might expect—items like soup, bread, cold cuts, even "healthy" frozen meals, can all be quite salty. But, **heart-healthy habits can start when you are shopping with your loved ones or caregiver at the grocery store**. You can choose fresh vegetables instead of canned, fat-free milk instead of whole, and low-salt cheeses like mozzarella instead of saltier varieties like American.

TIP: Learn more about breaking down the Nutrition Facts on packaged foods. Knowledge is power.



READING MENUS CAREFULLY

When people with HF are at a restaurant, even if it's a fast food restaurant, the key is **finding heart-healthy menu options**. For example, ordering foods that are steamed, baked, or roasted rather than fried and asking for sauces to be served on the side can help.

Nutrition Facts

Serving Size 30g (10 crackers)
Servings Per Container about 6

Amount Per Serving	
Calories 140	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 310mg	13%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 1g	
Protein less than 1g	

This label is for illustration only; please see label on food packaging for nutritional information.

IMPORTANT SAFETY INFORMATION (cont)

Do not take ENTRESTO if you:

- are allergic to any of the ingredients in ENTRESTO

Please see additional Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

Eating for the health of it

Entresto®
(sacubitril/valsartan) tablets
24/26mg • 49/51mg • 97/103mg



FINDING AND CALCULATING SALT CONTENT

If you have HF, it's a good idea to limit your sodium intake. **You can calculate how much salt is in your food by looking at the nutritional label** and multiplying the number of servings by the sodium content listed. That will give you the total amount of salt in the package.

Get more tips on limiting salt content here.



COOKING AT HOME

Another great way to cut back on salt is to **cook at home**. When you prepare meals from scratch, you're better able to control how much salt goes into each dish. Try to use nutrient-rich foods like vegetables, fruit, nuts, and whole grains. And remember, adding spices like garlic and cayenne can bring more flavor to a dish than salt ever could.



Don't forget to check the Nutrition Facts label for sodium content. The goal is to limit your sodium intake.

IMPORTANT SAFETY INFORMATION (cont)

Do not take ENTRESTO if you:

- have had an allergic reaction including swelling of your face, lips, tongue, throat (angioedema) or trouble breathing while taking a type of medicine called an angiotensin-converting enzyme (ACE) inhibitor or angiotensin II receptor blocker (ARB)
- take an ACE inhibitor medicine. Do not take ENTRESTO for at least 36 hours before or after you take an ACE inhibitor medicine. Talk with your doctor or pharmacist before taking ENTRESTO if you are not sure if you take an ACE inhibitor medicine
- have diabetes and take a medicine that contains aliskiren

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Smart swaps for a healthier tomorrow

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The key to heart-healthy eating is planning ahead. This is true for everyone, but it's especially true for people with HF. Whether you have HF yourself or are caring for someone who does, here are some tips to help get you started. When deciding what to buy, what to cook, and even what to order at a restaurant, try to keep the following suggestions in mind:

	Try swapping this	→	for this
Proteins	T-bone steak	→	Pork tenderloin
	Beef burger with cheese	→	Turkey burger with avocado
	Sliced deli ham or salami	→	Chicken breast you roast yourself
	Crispy chicken sandwich	→	Grilled chicken sandwich
	Shrimp scampi	→	Grilled fish
	Chicken cutlets	→	Roasted chicken
Grains	Pasta	→	Brown rice
	Boxed breakfast cereal	→	Oatmeal
Sides	Creamed spinach	→	Steamed spinach
	Fruit cup	→	Fresh fruit
	Scalloped potatoes	→	Roasted potatoes
	Fried calamari	→	Shrimp cocktail
	Cobb salad	→	Grilled chicken salad
Snacks	Nachos	→	Corn chips and salsa
	Chips or pretzels	→	Baby carrots
	Cheese and crackers	→	Veggies and hummus
Condiments	Ranch dressing	→	Olive oil and lemon juice
	Butter or margarine	→	Olive oil
	Sour cream	→	Low-fat yogurt
Dessert	Ice cream	→	Fruit sorbet
	Chocolate chip cookies	→	Sliced apples with peanut butter
Beverages	Soda	→	Seltzer

For heart-healthy recipes, visit: SmartHeartRecipes.com

Please see Important Safety Information throughout and please click here for full Prescribing Information, including Boxed WARNING.

Resources

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Keep up your health habits with ENTRESTO® support materials

Click on a title or underlined sentence to go to each resource available online.



Medicine Tracker
Use this tracker to stay on top of your treatment schedule.



Heart-Healthy Recipes
Download the 28-day, low-salt meal plans. Search the recipes for healthy meal ideas.



Symptom Tracker
Bring this tool to your next doctor's appointment. It can help you have more productive conversations.

Download the Symptom Tracker in Spanish.



Activity Tracker
Record your daily efforts to stay on top of your heart health.



Doctor Discussion Guide
Use this guide to bring up important health-related concerns.

Download the Doctor Discussion Guide in Spanish.



ENTRESTO Savings & Support
ENTRESTO offers options whether you have commercial, government, or no insurance.

Learn more about savings in Spanish.

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Resources

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You're not alone—connect to communities

Click on a title or underlined sentence to go to each resource available online.

By clicking on the following links, you may be directed to external sources that are independently operated and are not owned or controlled by Novartis Pharmaceuticals Corporation. Novartis does not control the content of these sites and assumes no responsibility for their use.

Mended Hearts®
Sign up for a peer-support program from people with cardiovascular disease, caregivers, and families.

Voices of Inspiration
Watch videos featuring patients with Heart Failure (HF) talking about how their lives have changed. Go to a patient story in Spanish.

Caregiver Action Network
Caregiver Action Network (CAN) is the nation's leading family caregiver organization.

National Alliance for Caregiving
The National Alliance for Caregiving is a nonprofit coalition of family caregivers.

Heart Failure Society of America
Heart Failure Society of America (HFSA) is an organization working to improve and expand Heart Failure care.

HAVE QUESTIONS?

Call **1-888-ENTRESTO (1-888-368-7378)**, Monday-Friday, excluding holidays, from 8:00 AM-8:00 PM ET.

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