

Class	Medication (generic/brand)	Target dose	My dose
ARNI / ACEi / ARB	☐ Sacubitril/Valsartan (Entresto) *preferred medicine* ☐ Losartan (Cozaar) ☐ Valsartan (Diovan) ☐ Lisinopril (Prinivil or Zestril)	97/103 2x day 50-150 mg daily 160 mg 2x day 10-20 mg daily	
Beta blocker	☐ Carvedilol (Coreg) ☐ Metoprolol succinate (Toprol XL) ☐ Bisoprolol (Zebeta)	25-50 mg 2x day 200 mg daily 10 mg daily	
SGLT2i	☐ Empagliflozin (Jardiance) ☐ Dapagliflozin (Farxiga)	10 mg daily 10 mg daily	
MRA	☐ Spironolactone (Aldactone) ☐ Eplerenone (Inspra)	25-50 mg daily 50 mg daily	
Diuretics (water pills)	☐ Furosemide (Lasix) ☐ Bumetanide (Bumex) ☐ Torsemide (Demadex)	As needed	
Others	☐ Hydralazine ☐ Isosorbide dinitrate (Isordil) ☐ Vericiguat (Verquvo)	Varies	

You may need additional HF medications depending on their health needs.