

Content awards

WebMD Ignite content wins **58** awards!



The Digital Health Awards honor the best digital health resources developed for consumers and health professionals.

 **20 AWARDS**



The Telly Awards honor excellence in video and television across all screens.

 **SERIES AWARD**



Hermes Creative Awards is a global competition that recognizes outstanding work in creative writing, design, and media.

 **37 AWARDS**



GOLD

1. [Ann: Getting Support for Cancer Diagnosis and Treatment](#)
WebMD Ignite
2. [What is Asthma?](#)
WebMD Ignite
3. [Breast Augmentation for Gender Affirmation:
Before Your Surgery](#)
WebMD Ignite
4. [Your Pregnancy: Ways to Advocate for Yourself](#)
WebMD Ignite

SILVER

1. [HealthInteractive: Type 2 Diabetes](#)
WebMD Ignite
2. [Step-by-Step: Laying Your Baby in a Crib](#)
WebMD Ignite
3. [ACL Reconstruction \(Patellar Tendon Graft Technique\)](#)
WebMD Ignite
4. [Advice From Real Patients: Diabetes Technology](#)
WebMD Ignite



BRONZE

1. [HealthInteractive: Colonoscopy](#)
WebMD Ignite
2. [Choroid Plexus Papilloma](#)
WebMD Ignite
3. [Advice From Real Patients: Cancer and Finances](#)
WebMD Ignite
4. [Car Seats Aren't Cribs: Safe Sleep for Baby](#)
WebMD Ignite
5. [What is COPD?](#)
WebMD Ignite
6. [What is Diabetes?](#)
WebMD Ignite
7. [What Is? Continuous Glucose Monitor](#)
WebMD Ignite

MERIT

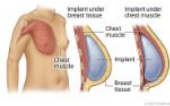
1. [Meniscus Tear Fast Facts](#)
WebMD Ignite
2. [Learning About Mpox](#)
WebMD Ignite
3. [What is Heart Failure?](#)
WebMD Ignite
4. [Your Healthy Pregnancy](#)
WebMD Ignite
5. [How healthcare organizations are approaching the pixel privacy conundrum?](#)
WebMD Ignite

GOLD



SILVER

Breast Augmentation for Gender Affirmation: Before Your Surgery



What is breast augmentation surgery for gender affirmation?

Breast augmentation surgery for gender affirmation changes the size and shape of your breasts to align with your gender. An implant is a soft silicone shell filled with a saltwater solution or silicone gel.

The doctor will make cuts (incisions) under the breast or around the nipple. The doctor will place the implant and adjust it to the correct shape, size, and position. Then the doctor will close the cuts.

You will be asleep during surgery. You will go home the same day. Most people can go back to work or their normal routine in 3 to 5 days, but they will fade.

Over time, you will need surgery to replace your implants. Implants last about 10 to 15 years.

How do you prepare for surgery?

Surgery can be stressful. This information will help you understand what you can expect. And it will help you safely prepare for surgery.

Preparing for surgery

- Be sure you have someone to take you home. Anesthesia and pain medicine will make it unsafe for you to drive.
- Understand exactly what surgery is planned, along with the risks, benefits, and other options.
- Tell your doctor ALL the medicines, vitamins, supplements, and herbal remedies you take. Some may increase your risk of bleeding. Your doctor will tell you if you should stop taking any of them before the surgery and how soon to do it.
- If you are taking hormones, your doctor will tell you whether to keep taking them or to stop before your surgery.
- Make sure your doctor and the hospital have a copy of your advance directive. If you don't have one, you may want to prepare one. It is others know your health care wishes. It's a good thing to have before any type of surgery or procedure.
- If you smoke, try to quit. Smoking slows healing and increases surgery risks. Your doctor may require that you quit before surgery. You have the best chance for a healthy recovery if you quit smoking completely. If you need help quitting, ask your doctor.
- Be sure to tell your doctor if you have any changes in your physical or mental health that might affect the surgery.

What happens on the day of surgery?

- Follow the instructions exactly about when to stop eating and drinking. If you don't, your surgery may be canceled. If you do, follow the instructions about when to eat and drink.
- Follow your doctor's instructions about when to bathe or shower before your surgery. Do not apply lotions, perfumes, deodorant, or makeup.
- Do not shave the surgical site yourself.
- Take off all jewelry and piercings. And take out contact lenses, if you wear them.

At the hospital or surgery center

- Bring a picture ID.
- The area for surgery is often marked to make sure there are no errors.
- You will be kept comfortable and safe by your anesthesia provider. You will be asleep during the surgery.
- The surgery will take about 2 hours.

Know your medical history.

I'm glad I brought it up in that first appointment so I would know what to expect.



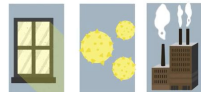
I have

TO PAY the health insurance

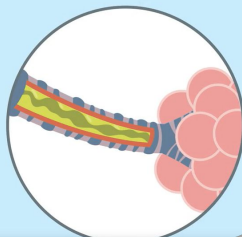
TO GET the treatment

TO KEEP working

TO PAY the rent



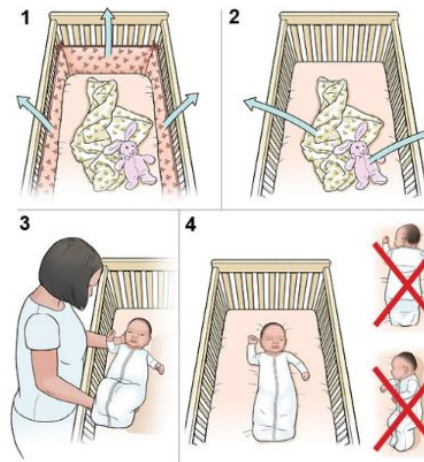
These triggers can lead to a flare-up, or asthma attack



Krames On-DEMAND

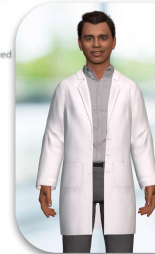
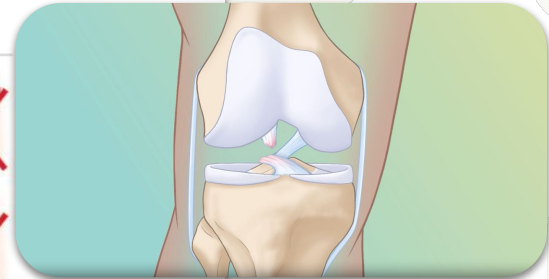
Laying Your Baby Down to Sleep

Step-by-Step:



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GET as much education as you possibly can



We will review

- What is type 2 diabetes?
- How it affects your body
- Treatment options
- What you can do



We will review what type 2 diabetes is, how it affects your body, treatments that can help, and things you can do to feel better and prevent or delay



BRONZE

MERIT

Krames
OH-DEHANG

Choroid Plexus Papilloma

Choroid plexus papilloma (CPP) is a rare type of brain tumor. It's generally benign, but it also means that the growth doesn't spread to other parts of the body. CPP is more common in children, but it can also appear in adults. CPP are generally slow-growing, but some types of tumor can spread outside the brain. In atypical CPP, the tumor is more likely to come back after treatment.

How CPP causes problems

A CPP tumor grows in the choroid plexus. This is a layer of tissue within the cerebrospinal fluid (CSF). CSF surrounds and cushions the brain and spinal cord. The ventricles of your brain, which store the CSF. The choroid plexus is made of blood vessels, and the ependymal cells.

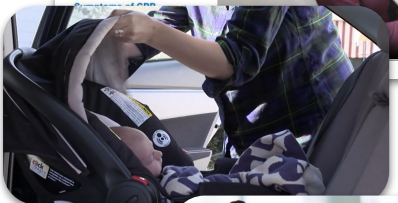
In adults, CPP tends to form in the fourth ventricle. This is next to the cerebellum and close to the brainstem. The cerebellum is the part of your brain that coordinates your movements. The brainstem is an important part of the lower part of your brain. CPP may cause your brain to make too much CSF. It might also block the flow of CSF in the brain (hydrocephalus) and create pressure in the brain.

Diabetes

Learning more about it can help you feel better



You may use a continuous glucose monitor, or CGM, to automatically track your blood sugar (or glucose) levels throughout the day and night



C Chronic
O Obstructive
P Pulmonary
D Disease

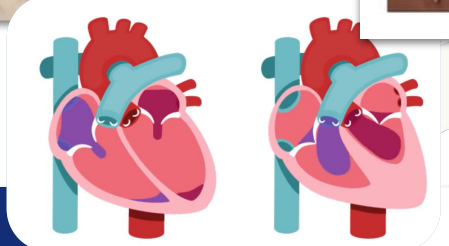
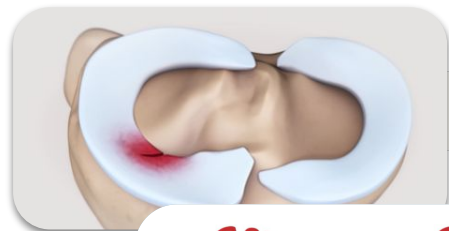
What is a colonoscopy?

Colonoscopy is a procedure that lets your healthcare provider check the inside of your large intestine (colon) and rectum.

Learning About Mpox

Stages of mpox rash on light and dark skin

Pus-filled blisters	Scabs	Scabs gone, new skin layer



WebMD Ignite

WHITE PAPER

How healthcare organizations are approaching the pixel privacy conundrum

prenatal care

means you have regular checkups with your healthcare provider



BRONZE

Award-winning series featuring real people share hope, encouragement and support on topics common to many, including:

- Living with Stress
- Depression
- Anxiety
- High Blood Pressure
- Osteoporosis

Stories encourage others to assess their own health and acknowledge that they too, can positively impact their health and quality of life.

Joel: Living with Stress



Ronny: Living with High Blood Pressure



Megan: Living with Anxiety



Maureen: Living with Depression



Bobbie: Living with Osteoporosis





PLATINUM

1. **Bite-sized Changes, Big-time Protection** (CHL)
WebMD Ignite
2. **Health Matters** (White River Health)
WebMD Ignite
3. **Health Works** (Emerson Hospital)
WebMD Ignite
4. **Healthy Now** (Select Health of South Carolina)
WebMD Ignite
5. **Medicare Blue and You** (Blue Cross Blue Shield of Michigan)
WebMD Ignite
6. **My Blue Health** (AmeriHealth Caritas Blue Cross Michigan)
WebMD Ignite
7. **Preserving Your Memory** S'23 (Fisher Center for Alzheimer's Research)
WebMD Ignite
8. **Preserving Your Memory** F' 23 (Fisher Center for Alzheimer's Research)
WebMD Ignite
9. **Simply Good Health** (Community Health Network)
WebMD Ignite
10. **Stress Less in 5-4-3-2-1** (WebMD Ignite)
WebMD Ignite
11. **The Reality of Romance When You Have Diabetes** (CHL)
WebMD Ignite
12. **Vitality** (Vitality)
WebMD Ignite

PLATINUM





GOLD

1. **5 Benefits of Starting Your Own Garden** (Sutter Health)
WebMD Ignite
2. **A Healthy Tomorrow** (Loma Linda University Hospital)
WebMD Ignite
3. **Barton Health & Life (Fall '23)** (Barton Health & Life)
WebMD Ignite
4. **Barton Health & Life (Spring '24)** (Barton Health & Life)
WebMD Ignite
5. **Good Health** (Blue Care Network of Michigan)
WebMD Ignite
6. **Healthy Living** (Blue Cross Blue Shield of Kansas)
WebMD Ignite
7. **Healthy Now** (AmeriHealth Caritas District of Columbia)
WebMD Ignite
8. **Healthy Together** (APS/Kepro White Plains)
WebMD Ignite
9. **Leaps & Bounds** (Loma Linda University Hospital)
WebMD Ignite
10. **Medicare Member Insider** (Excellus Blue Cross Blue Shield)
WebMD Ignite
11. **VIP Healthy Views** (AmeriHealth Caritas)
WebMD Ignite
12. **Well Aware** (Redlands Hospital)
WebMD Ignite
13. **Your Health Matters** (Johns Hopkins Advantage MD)
WebMD Ignite
14. **In Touch** (UFCW Local 2013)
WebMD Ignite

GOLD





HONORABLE MENTIONS

- First Health** (First Health of the Carolinas)
- Generosity** (Lehigh Valley Health Network)
- Sharing Health** (OFS Health Care System)
- Elevating Health** (Peterson Health)
- Wellness Together** (Signature Healthcare Brockton Hospital)
- Healthy Lifestyle** (US Family Health Plan)
- Heart Talk** (Virtua Health)
- 4 Sneaky Causes for Back Pain** (WebMD Ignite)
- Today's Health** (AmeriHealth Caritas Next)
- Health Letter** (MetroPlus Health Plan)
- WellBeing** (MetroPlus Health Plan)