

CHANNEL GUIDE



Proudly presented by:

Effective January 1, 2025 thru March 31, 2025

TURN TO CHANNEL

MON | WED | FRI | SUN

PREVENTING BLOOD CLOTS

12:00am | 6:00am | 12:00pm | 6:00pm

DIABETES & HEART DISEASE

12:30am | 6:30am | 12:30pm | 6:30pm

CONTROLLING HIGH BLOOD PRESSURE

1:00am | 7:00am | 1:00pm | 7:00pm

CARDIAC REHABILITATION

1:30am | 7:30am | 1:30pm | 7:30pm

UNDERSTANDING ARRHYTHMIAS

2:00am | 8:00am | 2:00pm | 8:00pm

HEART ATTACK: MANAGING RISK FACTORS

2:30am | 8:30am | 2:30pm | 8:30pm

MANAGING HEART FAILURE

3:00am | 9:00am | 3:00pm | 9:00pm

IMPROVING YOUR CHOLESTEROL

3:30am | 9:30am | 3:30pm | 9:30pm

WOMEN & HEART DISEASE

4:00am | 10:00am | 4:00pm | 10:00pm

QUIT SMOKING & TOBACCO

4:30am | 10:30am | 4:30pm | 10:30pm

LIFE'S ESSENTIAL 8 (PART 1)

5:00am | 11:00am | 5:00pm | 11:00pm

LIFE'S ESSENTIAL 8 (PART 2)

5:30am | 11:30am | 5:30pm | 11:30pm

TUES | THURS | SAT

QUIT SMOKING & TOBACCO

12:00am | 6:00am | 12:00pm | 6:00pm

YOUR CARE AFTER A STROKE

12:30am | 6:30am | 12:30pm | 6:30pm

CONTROLLING HIGH BLOOD PRESSURE

1:00am | 7:00am | 1:00pm | 7:00pm

CARDIAC REHABILITATION

1:30am | 7:30am | 1:30pm | 7:30pm

HEART VALVES: PATIENT STORIES

2:00am | 8:00am | 2:00pm | 8:00pm

HEART ATTACK: MANAGING RISK FACTORS

2:30am | 8:30am | 2:30pm | 8:30pm

IMPROVING YOUR CHOLESTEROL

3:00am | 9:00am | 3:00pm | 9:00pm

WOMEN & HEART DISEASE

3:30am | 9:30am | 3:30pm | 9:30pm

DIABETES & HEART DISEASE

4:00am | 10:00am | 4:00pm | 10:00pm

COPING WITH HEART DISEASE

4:30am | 10:30am | 4:30pm | 10:30pm

HEART FAILURE: GOING (AND STAYING) HOME

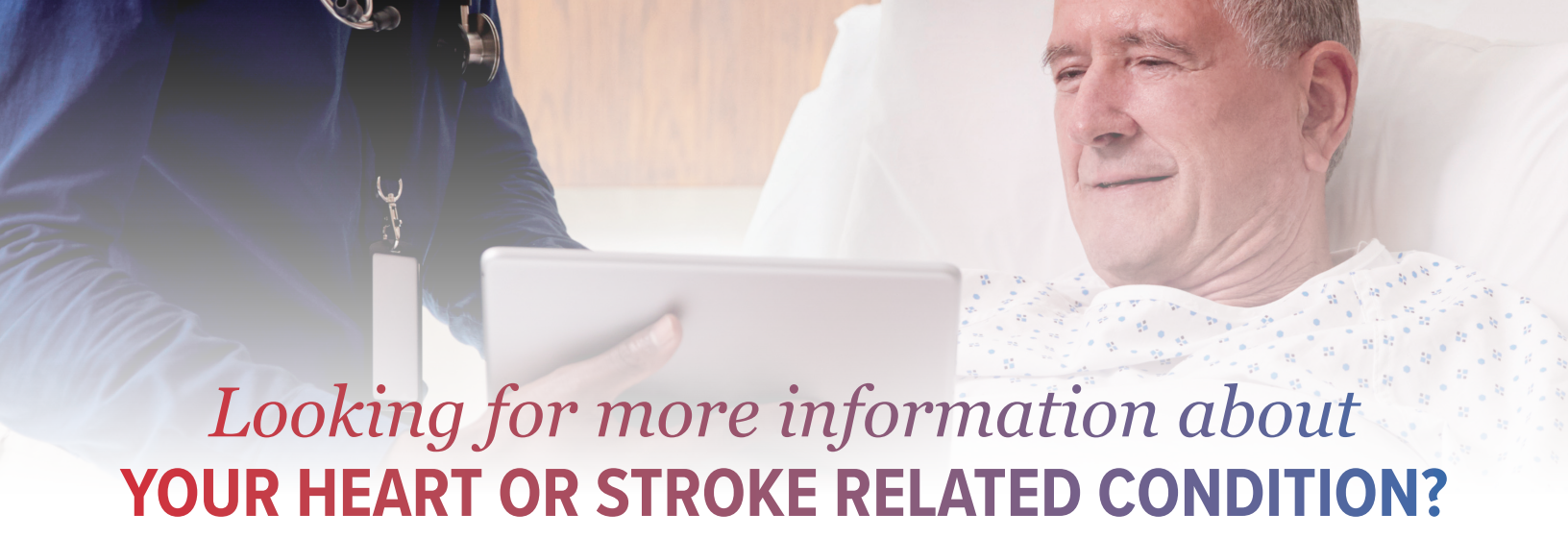
5:00am | 11:00am | 5:00pm | 11:00pm

HEART HEALTHY LIFESTYLE

5:30am | 11:30am | 5:30pm | 11:30pm

To view more videos, visit:

Passcode:



Looking for more information about **YOUR HEART OR STROKE RELATED CONDITION?**

Go to the website printed on the front of this guide to access our entire library of **health videos and resources**.*

Please **ASK QUESTIONS!**

Speak up to stay healthy once you leave the hospital.

- Do I understand my discharge instructions? Are they written down?
- Can I eat what I usually do, or do I have a special diet?
- What activities should I avoid?
- Will I need medical equipment at home?
- Who do I call in an emergency?
- How often should I check or change my bandages?
- What medicines should I take? Will they work with other medicine and vitamins that I am currently taking?
- Who do I call if I don't feel right?
- When should I see my doctor again?

Questions for the doctor.

1. _____

2. _____

3. _____

4. _____

5. _____

