

# CHANNEL GUIDE



Proudly presented by:

Effective January 1, 2025 thru March 31, 2025



MON   WED   FRI   SUN	TURN TO CHANNEL TUES   THURS   SAT
<b>LIVING WITH CANCER</b> 6:00am   2:00pm   10:00pm	<b>CANCER AND NUTRITION</b> 6:00am   2:00pm   10:00pm
<b>HEALTHY AGING</b> 6:30am   2:30pm   10:30pm	<b>ADVANCE DIRECTIVES</b> 6:30am   2:30pm   10:30pm
<b>STRESS &amp; YOUR HEALTH</b> 7:00am   3:00pm   11:00pm	<b>LIVING WITH ANXIETY &amp; DEPRESSION</b> 7:00am   3:00pm   11:00pm
<b>HEALTHY EATING</b> 7:30am   3:30pm   11:30pm	<b>HEALTHY LIFESTYLE CHANGES</b> 7:30am   3:30pm   11:30pm
<b>LIVING WELL WITH COPD</b> 8:00am   4:00pm   12:00am	<b>PREVENTING PNEUMONIA AND FLU</b> 8:00am   4:00pm   12:00am
<b>MANAGING HEART FAILURE</b> 8:30am   4:30pm   12:30am	<b>MANAGING HEART FAILURE</b> 8:30am   4:30pm   12:30am
<b>ATRIAL FIBRILLATION</b> 9:00am   5:00pm   1:00am	<b>IMPROVING YOUR CHOLESTEROL</b> 9:00am   5:00pm   1:00am
<b>DEMENTIA: FAMILY STORIES</b> 9:30am   5:30pm   1:30am	<b>JOINT REPLACEMENT: AT HOME RECOVERY</b> 9:30am   5:30pm   1:30am
<b>TAKING MEDICATIONS SAFELY</b> 10:00am   6:00pm   2:00am	<b>PAIN MANAGEMENT</b> 10:00am   6:00pm   2:00am
<b>QUIT SMOKING AND TOBACCO</b> 10:30am   6:30pm   2:30am	<b>QUIT SMOKING AND TOBACCO</b> 10:30am   6:30pm   2:30am
<b>STROKE RECOVERY</b> 11:00am   7:00pm   3:00am	<b>STROKE RECOVERY</b> 11:00am   7:00pm   3:00am
<b>HEART ATTACK: MANAGING RISK FACTORS</b> 11:30am   7:30pm   3:30am	<b>IMPROVING YOUR HEART HEALTH</b> 11:30am   7:30pm   3:30am
<b>ADDRESSING ADDICTION</b> 12:00pm   8:00pm   4:00am	<b>ADDRESSING ADDICTION</b> 12:00pm   8:00pm   4:00am
<b>DIABETES BASICS</b> 12:30pm   8:30pm   4:30am	<b>DIABETES AND NUTRITION</b> 12:30pm   8:30pm   4:30am
<b>PREVENTING HEART DISEASE</b> 1:00pm   9:00pm   5:00am	<b>PREVENTING HEART DISEASE</b> 1:00pm   9:00pm   5:00am
<b>YOUR SURGERY</b> 1:30pm   9:30pm   5:30am	<b>PREVENTING BLOOD CLOTS</b> 1:30pm   9:30pm   5:30am

To view more videos, visit:

Passcode:



# *Looking for more information about* **MANAGING YOUR ILLNESS AND LIVING WELL?**

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?
- 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?
- Who do I call in an emergency?

## *Questions for the doctor.*

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\*Not available in all hospitals; See the program "Patient Essentials & Safety" for more information.