



CHANNEL GUIDE

Proudly presented by:



Effective January 1, 2026 thru March 31, 2026

TURN TO CHANNEL

PREVENTING BLOOD CLOTS

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

MANAGING HEART FAILURE

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

DIABETES & HEART DISEASE

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

IMPROVING YOUR CHOLESTEROL

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

CONTROLLING HIGH BLOOD PRESSURE

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

WOMEN & HEART DISEASE

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

CARDIAC REHABILITATION

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

QUIT SMOKING & TOBACCO

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

UNDERSTANDING ARRHYTHMIAS

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

YOUR CARE AFTER A STROKE

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

HEART ATTACK: MANAGING RISK FACTORS

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

HEART FAILURE: GOING (& STAYING) HOME

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

Passcode:

To view more videos, visit:



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. _____

