

CHANNEL GUIDE



Proudly presented by:

Effective January 1, 2026 thru March 31, 2026



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

1. _____

2. _____

3. _____

4. _____

5. _____

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