

CHANNEL GUIDE



Proudly presented by:

Effective April 1, 2024 thru June 30, 2024

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

IMPROVING YOUR HEART HEALTH

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:

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Don't Overpay for your Medications

Scan the QR code to start saving



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.*

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

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?