

# CHANNEL GUIDE



PATIENT CHANNEL

Proudly presented by:

Effective April 1, 2024 thru June 30, 2024



## TURN TO CHANNEL

### MON | WED | FRI | SUN

#### LIVING WITH CANCER

6:00am | 2:00pm | 10:00pm

#### HEALTHY AGING

6:30am | 2:30pm | 10:30pm

#### STRESS & YOUR HEALTH

7:00am | 3:00pm | 11:00pm

#### HEALTHY EATING

7:30am | 3:30pm | 11:30pm

#### LIVING WELL WITH COPD

8:00am | 4:00pm | 12:00am

#### MANAGING HEART FAILURE

8:30am | 4:30pm | 12:30am

#### MANAGING YOUR DIABETES\*

9:00am | 5:00pm | 1:00am

#### DEMENTIA: FAMILY STORIES

9:30am | 5:30pm | 1:30am

#### TAKING MEDICATIONS SAFELY

10:00am | 6:00pm | 2:00am

#### QUIT SMOKING AND TOBACCO

10:30am | 6:30pm | 2:30am

#### STROKE RECOVERY

11:00am | 7:00pm | 3:00am

#### HEART ATTACK: MANAGING RISK FACTORS

11:30am | 7:30pm | 3:30am

#### ADDRESSING ADDICTION

12:00pm | 8:00pm | 4:00am

#### DIABETES BASICS

12:30pm | 8:30pm | 4:30am

#### PREVENTING HEART DISEASE

1:00pm | 9:00pm | 5:00am

#### YOUR SURGERY

1:30pm | 9:30pm | 5:30am

### TUES | THURS | SAT

#### CANCER AND NUTRITION

6:00am | 2:00pm | 10:00pm

#### ADVANCE DIRECTIVES

6:30am | 2:30pm | 10:30pm

#### LIVING WITH ANXIETY & DEPRESSION

7:00am | 3:00pm | 11:00pm

#### HEALTHY LIFESTYLE CHANGES

7:30am | 3:30pm | 11:30pm

#### PREVENTING PNEUMONIA AND FLU

8:00am | 4:00pm | 12:00am

#### MANAGING HEART FAILURE

8:30am | 4:30pm | 12:30am

#### MANAGING YOUR DIABETES\*

9:00am | 5:00pm | 1:00am

#### JOINT REPLACEMENT: AT HOME RECOVERY

9:30am | 5:30pm | 1:30am

#### PAIN MANAGEMENT

10:00am | 6:00pm | 2:00am

#### QUIT SMOKING AND TOBACCO

10:30am | 6:30pm | 2:30am

#### STROKE RECOVERY

11:00am | 7:00pm | 3:00am

#### HEART FAILURE: GOING (& STAYING) HOME

11:30am | 7:30pm | 3:30am

#### ADDRESSING ADDICTION

12:00pm | 8:00pm | 4:00am

#### DIABETES AND NUTRITION

12:30pm | 8:30pm | 4:30am

#### PREVENTING HEART DISEASE

1:00pm | 9:00pm | 5:00am

#### PREVENTING BLOOD CLOTS

1:30pm | 9:30pm | 5:30am

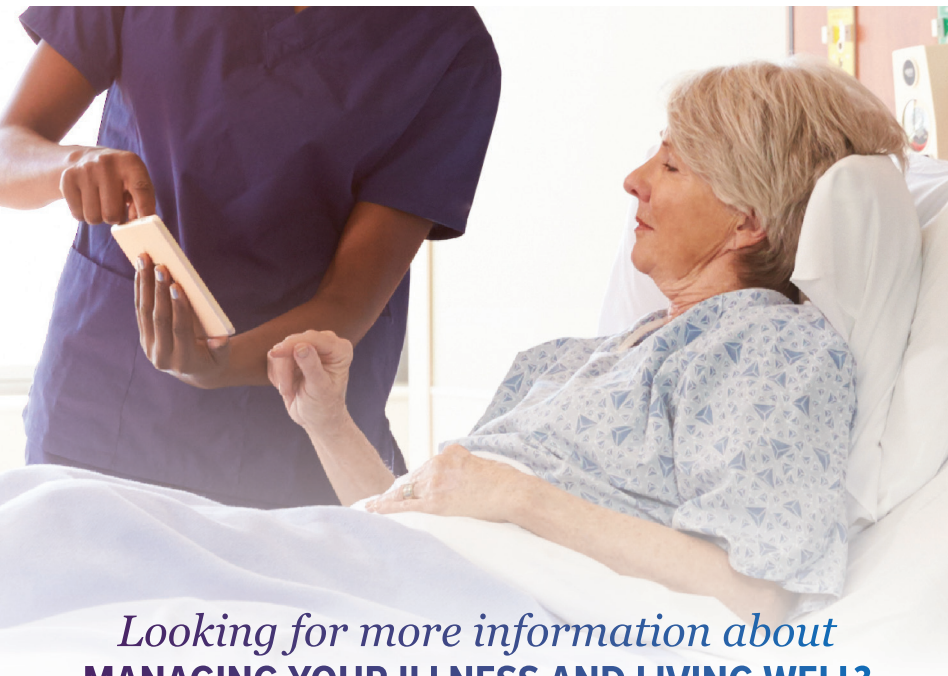
To view more videos, visit:

Passcode:

# WebMDRx™

## Don't Overpay for your Medications

Scan the QR code to start saving



*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.\***

*\*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?
- 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?