



CHANNEL GUIDE

Proudly presented by:



Effective October 1, 2025 thru December 31, 2025		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. _____
