

# CHANNEL GUIDE



Proudly presented by:

Effective October 1, 2024 thru December 31, 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

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

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

#### HEART HEALTHY LIFESTYLE

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



# WebMDRx™

## 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?