

CHANNEL GUIDE · EASTERN TIME



Proudly presented by:

Effective October 1, 2024 thru December 31, 2024

TURN TO CHANNEL

MON | WED | FRI | SUN

PREVENTING HEART DISEASE
6:00am | 2:00pm | 10:00pm

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

LIVING WITH CANCER
7:00am | 3:00pm | 11:00pm

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

STRESS & YOUR HEALTH // LIVING WITH ANXIETY & DEPRESSION
8:00am | 4:00pm | 12:00am (Mon) // 12:00am (Wed/Fri/Sun)

HEALTHY EATING // HEALTHY LIFESTYLE CHANGES
8:30am | 4:30pm | 12:30am (Mon) // 12:30am (Wed/Fri/Sun)

LIVING WELL WITH COPD
9:00am | 5:00pm | 1:00am

MANAGING HEART FAILURE
9:30am | 5:30pm | 1:30am

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

DEMENTIA: FAMILY STORIES
10:30am | 6:30pm | 2:30am

TAKING MEDICATIONS SAFELY
11:00am | 7:00pm | 3:00am

QUIT SMOKING AND TOBACCO
11:30am | 7:30pm | 3:30am

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

HEART ATTACK: MANAGING RISK FACTORS
12:30pm | 8:30pm | 4:30am

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

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

TUES | THURS | SAT

PREVENTING HEART DISEASE
6:00am | 2:00pm | 10:00pm

PREVENTING BLOOD CLOTS
6:30am | 2:30pm | 10:30pm

CANCER AND NUTRITION
7:00am | 3:00pm | 11:00pm

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

LIVING WITH ANXIETY & DEPRESSION // STRESS & YOUR HEALTH
8:00am | 4:00pm | 12:00am

HEALTHY LIFESTYLE CHANGES // HEALTHY EATING
8:30am | 4:30pm | 12:30am

PREVENTING PNEUMONIA AND FLU
9:00am | 5:00pm | 1:00am

MANAGING HEART FAILURE
9:30am | 5:30pm | 1:30am

IMPROVING YOUR CHOLESTEROL
10:00am | 6:00pm | 2:00am

JOINT REPLACEMENT: AT HOME RECOVERY
10:30am | 6:30pm | 2:30am

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

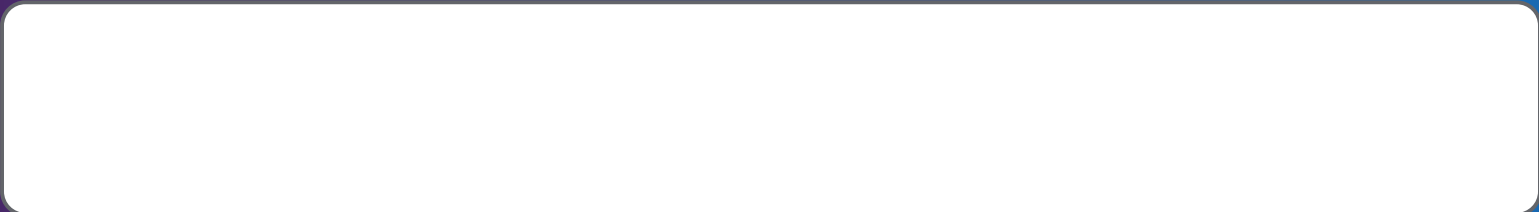
QUIT SMOKING AND TOBACCO
11:30am | 7:30pm | 3:30am

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

IMPROVING YOUR HEART HEALTH
12:30pm | 8:30pm | 4:30am

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

DIABETES AND NUTRITION
1:30pm | 9:30pm | 5:30am



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LIVING WITH CANCER

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

HEALTHY AGING

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

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LIVING WELL WITH COPD

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

MANAGING HEART FAILURE

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

ATRIAL FIBRILLATION

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

DEMENTIA: FAMILY STORIES

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

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

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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

IMPROVING YOUR CHOLESTEROL

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

JOINT REPLACEMENT: AT HOME RECOVERY

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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



CHANNEL GUIDE • MOUNTAIN TIME



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MON | WED | FRI | SUN

STRESS & YOUR HEALTH

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

HEALTHY EATING

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

LIVING WELL WITH COPD // PREVENTING PNEUMONIA & FLU

7:00am | 3:00pm | 11:00pm (Sun) // 11:00pm (Mon/Wed/Fri)

MANAGING HEART FAILURE

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

ATRIAL FIBRILLATION

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

DEMENTIA: FAMILY STORIES

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

TAKING MEDICATIONS SAFELY

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

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YOUR SURGERY

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

LIVING WITH CANCER

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

HEALTHY AGING

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

TUES | THURS | SAT

LIVING WITH ANXIETY & DEPRESSION

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

HEALTHY LIFESTYLE CHANGES

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

PREVENTING PNEUMONIA AND FLU // LIVING WELL WITH COPD

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

MANAGING HEART FAILURE

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

IMPROVING YOUR CHOLESTEROL

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PREVENTING BLOOD CLOTS

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

CANCER AND NUTRITION

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

ADVANCE DIRECTIVES

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

CHANNEL GUIDE · PACIFIC TIME



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LIVING WELL WITH COPD // PREVENTING PNEUMONIA & FLU
6:00am | 2:00pm | 10:00pm (Sun) // 10:00pm (Mon/Wed/Fri)

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

DEMENTIA: FAMILY STORIES // JOINT REPLACEMENT: RECOVERY
7:30am | 3:30pm | 11:30pm (Sun) // 11:30pm (Mon/Wed/Fri)

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QUIT SMOKING AND TOBACCO
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HEALTHY AGING
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STRESS & YOUR HEALTH
1:00pm | 9:00pm | 5:00am

HEALTHY EATING
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TUES | THURS | SAT

PREVENTING PNEUMONIA & FLU // LIVING WELL WITH COPD
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MANAGING HEART FAILURE
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CANCER AND NUTRITION
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ADVANCE DIRECTIVES
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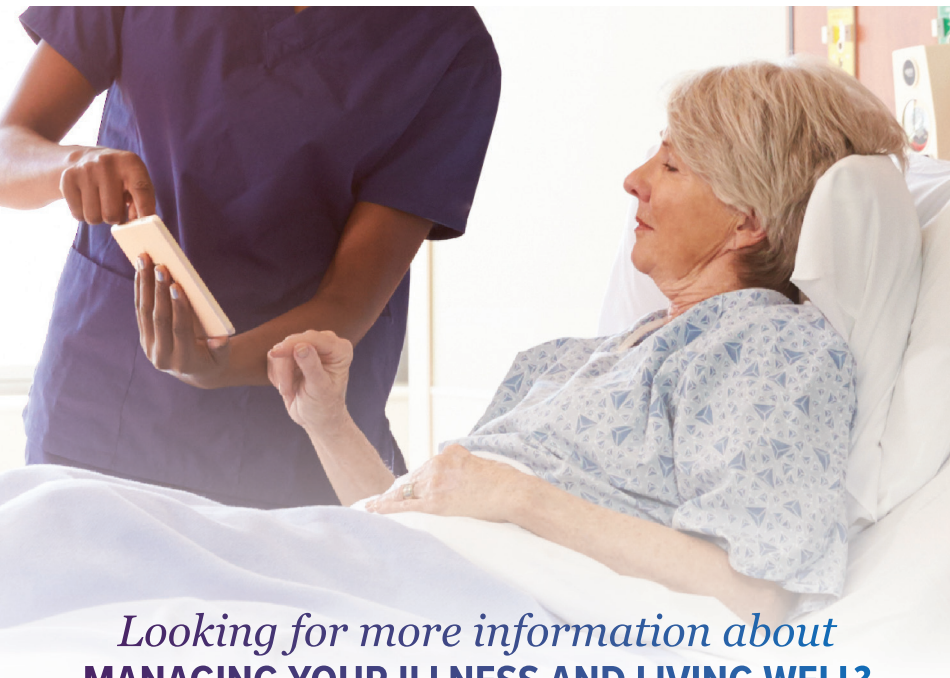
LIVING WITH ANXIETY & DEPRESSION
1:00pm | 9:00pm | 5:00am

HEALTHY LIFESTYLE CHANGES
1:30pm | 9:30pm | 5:30am

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Don't Overpay for your Medications

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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?