CHANNEL GUIDE

WebMD tv
PATIENT CHANNEL

Proudly presented by:

Effective October 1, 2026 thru December 31, 2026

TURN TO CHANNEL

MON | WED | FRI | SUN	TUES | THURS | SAT
LIVING WITH CANCER 6:00am | 2:00pm | 10:00pm	**CANCER AND NUTRITION** 6:00am | 2:00pm | 10:00pm
HEALTHY AGING 6:30am | 2:30pm | 10:30pm	**ADVANCE DIRECTIVES** 6:30am | 2:30pm | 10:30pm
STRESS & YOUR HEALTH 7:00am | 3:00pm | 11:00pm	**LIVING WITH ANXIETY & DEPRESSION** 7:00am | 3:00pm | 11:00pm
HEALTHY EATING 7:30am | 3:30pm | 11:30pm	**HEALTHY LIFESTYLE CHANGES** 7:30am | 3:30pm | 11:30pm
LIVING WELL WITH COPD 8:00am | 4:00pm | 12:00am	**PREVENTING PNEUMONIA AND FLU** 8:00am | 4:00pm | 12:00am
MANAGING HEART FAILURE 8:30am | 4:30pm | 12:30am	**MANAGING HEART FAILURE** 8:30am | 4:30pm | 12:30am
ATRIAL FIBRILLATION 9:00am | 5:00pm | 1:00am	**IMPROVING YOUR CHOLESTEROL** 9:00am | 5:00pm | 1:00am
DEMENTIA: FAMILY STORIES 9:30am | 5:30pm | 1:30am	**JOINT REPLACEMENT: AT HOME RECOVERY** 9:30am | 5:30pm | 1:30am
TAKING MEDICATIONS SAFELY 10:00am | 6:00pm | 2:00am	**PAIN MANAGEMENT** 10:00am | 6:00pm | 2:00am
QUIT SMOKING AND TOBACCO 10:30am | 6:30pm | 2:30am	**QUIT SMOKING AND TOBACCO** 10:30am | 6:30pm | 2:30am
STROKE RECOVERY 11:00am | 7:00pm | 3:00am	**STROKE RECOVERY** 11:00am | 7:00pm | 3:00am
HEART ATTACK: MANAGING RISK FACTORS 11:30am | 7:30pm | 3:30am	**IMPROVING YOUR HEART HEALTH** 11:30am | 7:30pm | 3:30am
ADDRESSING ADDICTION 12:00pm | 8:00pm | 4:00am	**ADDRESSING ADDICTION** 12:00pm | 8:00pm | 4:00am
DIABETES BASICS 12:30pm | 8:30pm | 4:30am	**DIABETES AND NUTRITION** 12:30pm | 8:30pm | 4:30am
PREVENTING HEART DISEASE 1:00pm | 9:00pm | 5:00am	**PREVENTING HEART DISEASE** 1:00pm | 9:00pm | 5:00am
YOUR SURGERY 1:30pm | 9:30pm | 5:30am	**PREVENTING BLOOD CLOTS** 1:30pm | 9:30pm | 5:30am

Para acceso, visite:

Passcode:

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.***

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?

Questions for the doctor.

1. _____
2. _____
3. _____
4. _____
5. _____

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