

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
An Enchanted Evening	117	00:58:32		
Beautiful America	115	00:54:20		
Coastal America	116	00:58:18		
TIGR AP Info	44	00:02:38		
Where Dreams Begin: Relaxation Series: Beneath the Distance	111	00:58:11		
Where Dreams Begin: Relaxation Series: Cathedral of the Pines	112	00:56:00		
Where Dreams Begin: Relaxation Series: Evening Sky	113	00:59:04		
Where Dreams Begin: Relaxation Series: In Autumn Gold	114	00:56:21		

Category: * Patient's Rights

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Pain Management: The Three R's	91	00:13:56	90	00:13:57
Patient Safety Series	285	00:07:39	293	00:07:34
Speak Up: At the Doctors Office	5	00:01:09	118	00:01:07
Understanding Advance Directives	203	00:09:19	260	00:09:16
Understanding Your Discharge Plan	273	00:11:35	297	00:11:39

Category: * Patient's Safety

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Faces of Sepsis	1004	00:04:12		
Fall Prevention	178	00:11:36	179	00:18:04
Hand Hygiene Saves Lives: Patient Admission Video	163	00:05:14	156	00:05:15
Marnie Knows Sepsis	1005	00:00:30		
Sepsis: Emergency™	1006	00:12:01		
Speak Up: Prevent Errors in your Care	121	00:01:19	1	00:01:17
Speak Up: Prevent the Spread of Infection	2	00:01:15	122	00:01:14
Speak Up: Reduce your Risk of Falling	123	00:01:08	3	00:01:06
Stop the Spread - Infection Control	195	00:00:55		
Tips for Taking Medicine Safely	283	00:02:31		

Category: Acondicionamiento físico y ejercicio

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Older Adults: Getting Active After a Health Scare (subtitled)			1137	00:03:45

Category: Allergies

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
How to Give an Epinephrine Shot to a Child	533	00:01:35	1655	00:01:35
How to Give Yourself an Epinephrine Shot	532	00:01:38	1654	00:01:38
Insect Bites and Stings: Here's Help	1557	00:01:37	2178	00:01:54
Managing Seasonal Allergies	1535	00:03:19	2156	00:03:19
Poison Ivy, Oak, or Sumac: What to Do First	676	00:01:03	1795	00:01:03

Category: Back and Neck Pain

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Back Pain Needs Time, Activity, and Medicine	543	00:00:42	1665	00:00:42
Back Pain: Getting In and Out of Bed	669	00:01:30	1788	00:01:30
Back Pain: Have a Maintenance Plan	545	00:00:32	1667	00:00:32
Back Pain: Self-Massage With a Tennis Ball	633	00:01:27	1752	00:01:27
Back Pain: Strengthening Your Core	544	00:00:29	1666	00:00:29
Back Surgery for Herniated Disc	718	00:01:55	1837	00:02:22
Back Surgery for Spinal Stenosis	741	00:01:39	1860	00:02:07
Chronic Low Back Pain: Time for Something New	1452	00:01:49	2073	00:01:49
Chronic Pain: Finding Your Strength	1447	00:02:27	2068	00:02:27
Chronic Pain: How Medicines Can Help You Manage It	1451	00:01:50	2072	00:01:50
Chronic Pain: Managing Pain With Healthy Thinking	1448	00:02:55	2069	00:02:55
Chronic Pain: Tracking How You're Doing	1449	00:02:21	2070	00:02:21
Deciding About Herniated Disc Surgery	717	00:04:09	1836	00:04:09
Deciding About Spinal Stenosis Surgery	739	00:02:21	1858	00:02:21
Ergonomics: Using Your Computer	1420	00:03:06	2041	00:03:06
Heat or Ice for Low Back Pain	635	00:01:35	1754	00:01:35
Herniated Disc Surgery: How Others Decided	716	00:01:47	1835	00:02:00
Home Treatment for Herniated Disc Pain	719	00:02:11	1838	00:02:36

How to Do the Press-Up Exercise	703	00:00:48	1822	00:00:48
Living With Chronic Pain	1445	00:03:06	2066	00:03:06
Low Back Pain: Keep Moving	622	00:01:06	1741	00:01:06
Low Back Pain: Keeping It From Coming Back	636	00:01:46	1755	00:02:15
Managing Pain While You're in the Hospital	1546	00:02:18	2167	00:02:18
Opioids: Know What's Safe	1450	00:02:56		
Pregnancy: Dealing With Back Pain	637	00:01:44	1061	00:02:10
Proper Lifting to Protect Your Back	623	00:01:33	1742	00:01:33
Proper Sitting and Lifting for a Healthy Back	546	00:01:01	1668	00:01:01
Spinal Stenosis Surgery: How Others Decided	740	00:01:47	1859	00:02:05
Spinal Stenosis: Home Treatment and Physical Therapy	742	00:01:37	1861	00:02:00
Tests for Low Back Pain	547	00:00:39	1669	00:00:39

Category: Blood and Lymph System

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
After a Stroke: Taking a Blood Thinner for A-Fib	789	00:02:07	1908	00:02:07
After a Stroke: Taking an Antiplatelet	793	00:02:11	1912	00:02:11
Blood Transfusion	1567	00:02:22		
Bone Marrow Transplant: Before Your Procedure	1542	00:02:43	2163	00:02:55
Bone Marrow Transplant: Returning Home	1541	00:02:35	2162	00:02:48
Childhood Leukemia: Understanding Treatment	1584	00:03:04		
Childhood Leukemia: What Is ALL?	1583	00:02:06		
Childhood Leukemia: What Is AML?	1586	00:01:55		
Childhood Leukemia: Working With Your Care Team	1585	00:01:40		
Cholesterol Numbers: What They Mean for Your Health	1438	00:02:23	2059	00:02:35
Cholesterol Test: Understanding the Test	837	00:01:20	1956	00:01:20
Complete Blood Count (CBC) Test: Understanding the Test	836	00:01:30	1105	00:01:55
Diabetes: Benefits of Blood Sugar Testing	1509	00:03:11	2130	00:03:11
Getting Treatment Through a PICC or Central Line	1549	00:02:58	2170	00:03:20
How to Drain Blood From Under a Nail	680	00:01:39	1799	00:01:39
How to Give a Heparin Shot	1536	00:02:36	2157	00:02:36
Jaundice in Newborns	1561	00:02:05	2182	00:02:18
Lymph Node Dissection: Self-Care at Home	1470	00:02:34	2091	00:02:34

Plaque, Platelets, and Heart Attack	592	00:02:05	1712	00:02:05
Preventing Blood Clots in Leg Veins	778	00:02:05	1897	00:02:05
Preventing Deep Vein Thrombosis (DVT) After Surgery	791	00:02:44	1910	00:02:44
Preventing Sepsis After You Leave the Hospital	1581	00:01:46		
Safe Use of Non-Warfarin Blood Thinners	1484	00:03:09	2105	00:03:09
Statins Are Important After a Heart Attack	790	00:01:21	1909	00:01:21
Statins: Overcoming Barriers to Taking Them	773	00:02:03	1892	00:02:03
Statins: Should You Take Them to Lower Your Risk?	721	00:03:16	1840	00:03:16
Stroke Recovery: Finding What Inspires You	1441	00:02:30	2062	00:02:30
Taking Statins: How Others Decided	720	00:02:16	1839	00:02:16
Taking Warfarin Safely	776	00:02:36	1895	00:02:36
Thyroid Blood Test: Understanding the Test	839	00:01:52	1958	00:01:52
Warfarin: Why Taking It Is Worth It	777	00:02:01	1896	00:02:01
What Is a Vitamin K Diet?	1532	00:02:11	2153	00:02:11
What Is Clot-Busting (Thrombolytic) Treatment?	788	00:01:42	1907	00:01:42
What Is Deep Vein Thrombosis (DVT)?	784	00:01:48	1903	00:01:48
What Is Sepsis?	1580	00:01:49		
What Platelets Do	593	00:00:42	1713	00:00:42

Category: Bones Joints and Muscles

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
ACL Reconstruction Surgery	817	00:01:57	1936	00:01:57
Acupuncture and Massage for Back Pain	542	00:00:31	1664	00:00:31
Arthritis: Making Everyday Activities Easier	634	00:01:47	1753	00:01:47
Caregiving: How to Turn a Person in Bed	1616	00:02:43		
Carpal Tunnel Syndrome: A Few Tips for Preventing It	1421	00:02:51	2042	00:02:51
Carpal Tunnel Syndrome: Stretches	1422	00:02:43	2043	00:02:43
Deciding About Hip Replacement Surgery	864	00:02:46	1983	00:03:25
Deciding About Knee Replacement Surgery	865	00:02:50	1984	00:03:33
Depression: How It Affects Your Body	748	00:01:25	1867	00:01:25
Exercising Safely With Arthritis	670	00:02:02	1789	00:02:02
Getting Started With Flexibility and Stretching	631	00:01:08	1750	00:01:08
Hip Fracture Surgery	876	00:02:01	1994	00:02:01

Hip Repair Surgery: Returning Home	877	00:02:18	1995	00:02:18
Hip Replacement Surgery	531	00:01:16	1653	00:01:34
Hip Replacement Surgery: How Others Decided	866	00:01:49	1985	00:02:10
Hip Replacement Surgery: Returning Home	875	00:02:16	1993	00:02:59
Hip Replacement: When Can You Be Active Again?	1186	00:02:25	2020	00:02:25
Hot and Cold Therapy for Arthritis	557	00:02:09	1678	00:02:09
How to Do a Hamstring Stretch While Sitting	1607	00:01:01		
How to Do Ankle Pumps	1589	00:00:52		
How to Do Calf Stretches While Sitting	1606	00:01:04		
How to Do Chair Push-Ups	1602	00:00:46		
How to Do Curl-Ups	699	00:00:41	1818	00:00:41
How to Do Glute Sets	1590	00:00:45		
How to Do Heel Raises	1594	00:00:48		
How to Do Heel Slides	1603	00:00:59		
How to Do Quad Sets	1601	00:00:57		
How to Do Short-Arc (Terminal) Knee Extensions While Standing	1593	00:01:33		
How to Do Stationary Biking for Knee Rehab	1595	00:01:10		
How to Do Step-Up and Step-Down Exercises	1597	00:02:28		
How to Do Straight-Leg Raises	1600	00:01:08		
How to Do the Bird Dog Exercise	697	00:01:05	1816	00:01:05
How to Do the Bridging Exercise	698	00:00:54	1817	00:00:54
How to Do the Hamstring Stretch in a Doorway	700	00:01:14	1819	00:01:14
How to Do the Hip Abduction Exercise	1604	00:01:01		
How to Do the Hip Flexor Stretch	701	00:00:49	1820	00:00:49
How to Do the Knee Flexion Stretch While Sitting	1608	00:00:55		
How to Do the Long-Arc Quad Exercise	1592	00:00:41		
How to Do the Passive Knee Stretch	1605	00:01:40		
How to Do the Pelvic Tilt Exercise	702	00:00:43	1821	00:00:43
How to Do the Short-Arc Quad Exercise	1591	00:01:05		
How to Do the Single Knee-to-Chest Exercise	704	00:01:06	1823	00:01:06
How to Do the Single-Leg Balance Exercise	1596	00:01:11		
How to Do the Wall Sit Exercise	705	00:00:46	1824	00:00:46
How to Give an Intramuscular Injection	1615	00:02:53	2192	00:03:23
How to Wear a Sling	694	00:01:12	1813	00:01:12

How to Wrap a Sprained Ankle	693	00:01:32	1812	00:01:32
Knee Arthritis: Nonsurgical Treatments	1503	00:01:51	2124	00:01:51
Knee Arthritis: Treatments	1507	00:02:08	2128	00:02:08
Knee Arthritis: What Can I Expect?	1502	00:02:23	2123	00:02:23
Knee Arthritis: What Is Knee Replacement Surgery?	1505	00:00:32	2126	00:00:32
Knee Arthritis: What Is Osteoarthritis?	1501	00:01:49	2122	00:01:49
Knee Arthroscopy	819	00:01:27	1938	00:01:56
Knee Arthroscopy: Recovering at Home	816	00:02:54	1935	00:02:54
Knee Replacement Surgery	530	00:01:27	1652	00:01:44
Knee Replacement Surgery: How Others Decided	867	00:02:10	1986	00:02:33
Knee Replacement Surgery: Pros and Cons	1504	00:02:37	2125	00:02:37
Knee Replacement: Learning About Rehab	1609	00:01:29		
Knee Replacement: Recovery	1506	00:03:07	2127	00:03:07
Knee Replacement: When Can You Be Active Again?	1187	00:02:33	2021	00:02:32
Meniscus Surgery	818	00:01:59	1937	00:01:59
Osteoporosis: After Your Fracture	754	00:01:46	1873	00:01:46
RICE: Rest, Ice, Compression, Elevation	691	00:01:48	1810	00:01:48
Rotator Cuff Surgery	1371	00:01:24		
Rotator Cuff Surgery: Returning Home	879	00:02:35	1997	00:02:35
Shoulder and Arm Exercises After Breast Surgery	1471	00:03:05	2092	00:03:05
Shoulder Replacement Surgery	878	00:01:30	1996	00:01:30
Shoulder Replacement Surgery: Returning Home	880	00:01:41	1998	00:01:41
Stress Management: Relaxing Your Muscles	649	00:01:51	1768	00:01:56
Taking Care of a Cast or Splint	692	00:01:58	1811	00:01:58
Using a Cane	553	00:03:05	1674	00:03:05
Using a Walker	556	00:03:01	1677	00:03:01
Using Crutches	552	00:03:06	1673	00:03:06

Category: Brain and Nervous System

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
After a Stroke: Your Self-Care Plan	794	00:02:18	1913	00:02:18
Alzheimer's Disease	1548	00:02:36	2169	00:02:47
Anesthesia: Epidural for Childbirth	857	00:02:09	1109	00:02:26

Anesthesia: Peripheral Nerve Block	854	00:02:06	1973	00:02:06
Anesthesia: Spinal	855	00:01:55	1974	00:01:55
Cholesterol: How It Raises Your Risk	722	00:01:53	1083	00:02:15
Chronic Pain: Treatments Other Than Medicine	1446	00:02:18	2067	00:02:18
Depression Medicines	580	00:01:18	1701	00:01:18
Depression: Balancing Brain Chemicals	581	00:00:38	1702	00:00:37
Epidural Anesthesia	856	00:02:33	1975	00:02:33
Epilepsy: Tips for Keeping Your Child Safe	690	00:01:45	1809	00:01:45
General Anesthesia	853	00:01:56	1972	00:01:56
How to Help Someone During a Seizure	689	00:01:58	1808	00:01:58
Learning About Risk for Heart Attack and Stroke	1435	00:01:56	2056	00:01:56
Nicotine and the Brain	605	00:01:29	1725	00:01:29
Stroke Recovery: Using Support to Stay Positive	1442	00:02:10	2063	00:02:10
Stroke Symptoms	1354	00:01:46	1911	00:01:46
Stroke: Know the Signs and Act FAST	1547	00:01:50	2168	00:02:03
Stroke: Know the Signs and Act Fast	792	00:01:46		
Stroke: Understanding Your Emotions	1430	00:02:00	2051	00:02:00
Stroke: What Is Stroke Rehab?	1431	00:01:50	2052	00:01:50
Stroke: What's Your Risk?	787	00:01:29	1906	00:01:29
What Is a Stroke?	1444	00:01:51	2065	00:01:51
What Is a TIA?	1461	00:01:53	2082	00:01:53

Category: Breathe Easier

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Asthma Attack	184	00:12:37		
Asthma Treatment	185	00:18:05		
COPD: Breathe Better.	287	00:08:32		
H1N1 (Swine Flu)	154	00:05:28		
Identifying and Avoiding Asthma Triggers	89	00:19:48		
Living with Asthma	200	00:16:20		
Living with VTE and Preventing Deadly Blood Clots	959	00:06:02		
Managing Your COPD	85	00:16:53	86	00:16:52
Pneumonia: Diagnosis and Treatment	281	00:15:23		

Pneumonia: Recovery & Prevention	282	00:12:06		
Smoking: Getting Ready to Quit	141	00:16:01	142	00:15:54
Staying in Control of Your Asthma	87	00:21:21		

Category: Cancer

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Advanced Cancer: Finding Hope	889	00:01:49	2007	00:01:49
Benefits of a Pap Test	753	00:00:57	1872	00:00:57
Bowel Resection	534	00:01:23	1656	00:01:23
Breast Cancer: Help for Skin Changes From Radiation	1465	00:01:59	2086	00:02:23
Breast Reconstruction: How Others Decided	1473	00:02:45	2094	00:02:45
Cancer Treatment: Help for Mouth and Throat Problems	1489	00:03:10	2110	00:03:35
Cancer Treatment: Help for When You Feel Sick or Lose Your Appetite	1456	00:02:29	2077	00:03:21
Cancer: Adjusting Over Time	862	00:02:38	1981	00:02:38
Cancer: Dealing With Stress	863	00:02:47	1182	00:03:23
Cancer: Finding Peace in Spirituality	892	00:02:11	1183	00:02:31
Cancer: Finding Your Strength	860	00:02:29	1979	00:02:50
Cancer: Help for Fatigue	1455	00:02:07	2076	00:02:39
Cancer: How It Affects Your Relationships	861	00:03:25	1181	00:03:40
Cancer: How to Talk to Your Children	891	00:02:04	2009	00:02:04
Cancer: Life After Treatment	888	00:02:13	1139	00:02:34
Cancer: Preparing for Hair Loss From Chemotherapy	1464	00:02:29	2085	00:02:59
Cancer: Understanding Your Feelings	859	00:02:52	1138	00:03:04
Cancer: When You First Find Out	858	00:02:16	1977	00:02:30
Cancer: Your Support Network	890	00:01:21	1140	00:01:43
Colon Cancer: Screening Tests and What the Results Mean	1459	00:02:11	2080	00:02:11
Colostomy	535	00:01:52	1657	00:01:52
Deciding About Breast Reconstruction After Mastectomy	1472	00:02:54	2093	00:02:54
Lumpectomy	1466	00:01:44	2087	00:01:44
Lumpectomy: Returning Home	1467	00:02:29	2088	00:02:29
Mastectomy	1468	00:01:43	2089	00:01:43
Mastectomy: Returning Home	1469	00:02:36	2090	00:02:36
Prostatectomy Surgery	1533	00:02:09	2154	00:02:09

Prostatectomy: Returning Home	1534	00:02:53	2155	00:02:53
What Is Chemotherapy?	1453	00:01:49	2074	00:02:21
What Is Radiation Therapy?	1454	00:01:58	2075	00:02:29

Category: Cancer Care

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Colorectal Cancer	224	00:12:08	259	00:12:08
Types of Breast Cancer	286	00:02:57	292	00:02:57

Category: Children's Health

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Asthma Action Plan for Your Child	708	00:02:07	1079	00:02:28
Asthma: Helping a Young Child Take Medicine	725	00:01:32	1844	00:01:45
Asthma: Is Your Child Using the Rescue Inhaler Too Often?	710	00:01:05	1080	00:01:20
Asthma: Keeping Your Child Out of the Hospital	724	00:02:00	1084	00:02:08
Benefits of Flu Shots	1147	00:01:50	1831	00:01:50
Car Seat Safety	1578	00:03:27		
Caring for Your Child's Drain After Surgery	1612	00:03:02		
Caring for Your Child's Trach	1613	00:02:57		
Child CPR	1587	00:02:50		
Children and Cough and Cold Medicines	640	00:01:13	1759	00:01:13
Ear Infections in Children	1517	00:03:11	2138	00:03:11
Helping Your Child Deal With Asthma	726	00:02:08	1845	00:02:21
How Secondhand Smoke Affects Your Child	842	00:02:05	1961	00:02:05
How to Use a Nebulizer With a Mask	730	00:01:29	1849	00:01:40
Long-Acting Bronchodilators for Your Child	709	00:01:20	1828	00:01:20
Managing a Croup Attack	681	00:02:08	1800	00:02:08
Preparing Your Child for a Hospital Stay	811	00:01:48	1930	00:01:48
Teaching Your Child to Use an Inhaler With a Spacer	729	00:01:32	1848	00:01:42
Teaching Your Child to Use an Inhaler Without a Spacer	728	00:01:54	1847	00:02:02
Tubes for Ear Infections	538	00:01:18	1660	00:01:17
Why Children Don't Need Antibiotics for Colds or Flu	736	00:02:26	1855	00:02:26
Why Get Your Child Immunized?	737	00:02:20	1085	00:02:54

Why Get Your Older Child or Teen Immunized?	738	00:02:12	1857	00:02:12
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Category: Complementary Medicine

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Mindfulness: Breathing Practice	821	00:03:44	1940	00:03:44
Overcoming Barriers to Practicing Mindfulness	822	00:02:27	1941	00:03:01
Stress and Coping: Mindfulness Can Help	823	00:02:30	1942	00:02:29
Stress Management: Using Yoga to Relax	650	00:02:57	1769	00:02:57
What Is Mindfulness?	820	00:02:38	1939	00:02:38

Category: COPD

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Avoiding COPD Triggers	514	00:01:49	1636	00:01:49
COPD: Clearing Your Lungs	687	00:02:09	1806	00:02:09
COPD: Eating Well for Strength and Energy	626	00:01:41	1745	00:01:41
COPD: Exercises for Building Strength	648	00:01:56	1767	00:01:56
COPD: Exercises for Easier Breathing	647	00:02:06	1766	00:02:06
COPD: How to Use a Nebulizer	779	00:01:11	1898	00:01:11
COPD: Keeping Your Quality of Life	798	00:01:37	1917	00:01:37
COPD: Take This Chance to Quit Smoking	799	00:02:02	1100	00:02:11
COPD: Taking Medicines After a Flare-Up	715	00:01:30	1834	00:01:30
COPD: Time to Decide About Smoking	801	00:02:04	1101	00:02:34
COPD: Try a New Quit-Smoking Strategy	802	00:02:05	1102	00:02:38
COPD: What Happens to Your Lungs	515	00:01:41	1637	00:01:41
COPD: You Can Still Be Active	800	00:01:57	1919	00:01:57
Using a Metered-Dose Inhaler Without a Spacer	655	00:00:59	1065	00:01:09
Using Oxygen Therapy at Home	627	00:02:27	1746	00:02:27
Using Oxygen When Away From Home	625	00:02:04	1744	00:02:04
Using Oxygen: Tips for Cannula and Skin Care	688	00:01:17	1807	00:01:17

Category: Corazón y circulación

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
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Coronary Angiogram: What Is It?

1931 00:02:40

Category: Diabetes

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
A Change For Life	159	00:05:26		
Basic Skills for Controlling Diabetes	188	00:11:27		
Diabetes & Nutrition: Changing Eating Behavior	138	00:21:07		
Diabetes & Nutrition: Dining Out	47	00:23:18	48	00:23:20
Diabetes & Nutrition: Eating for Health	45	00:19:21	46	00:19:21
Diabetes & Nutrition: Shopping and Cooking	49	00:19:59	53	00:20:01
Diabetes and Exercise	1530	00:02:10	2151	00:02:42
Diabetes and Heart Disease	299	00:18:49	302	00:18:47
Diabetes and Wound Care	518	00:01:08	1036	00:01:12
Diabetes and Your Heart	1329	00:01:38	1885	00:01:58
Diabetes Skin and Foot Care: In Step	277	00:12:55	278	00:12:53
Diabetes: A1c Test	579	00:01:12	1052	00:01:24
Diabetes: Being Prepared for Sick Days & Emergencies	300	00:17:06	303	00:08:52
Diabetes: Daily Foot Care	614	00:01:46	1058	00:01:56
Diabetes: Finger-Stick Test	578	00:01:05	1051	00:01:20
Diabetes: Food and Your Blood Sugar	576	00:00:43	1049	00:00:53
Diabetes: How Others Stay Motivated	852	00:02:50	1108	00:03:34
Diabetes: Insulin's Role	577	00:00:50	1050	00:00:52
Diabetes: Planning for a Healthy Pregnancy	755	00:01:49	1087	00:02:12
Diabetes: Planning Your Next Steps	764	00:02:31	1883	00:02:56
Diabetes: Preparing for Pregnancy	756	00:01:29	1088	00:01:56
Diabetes: Preparing for Surgery	762	00:01:36	1092	00:02:00
Diabetes: Stay in Your Target Range	620	00:01:38	1060	00:02:04
Diabetes: Testing Your Blood Sugar	519	00:02:35	1037	00:03:25
Diabetes: You Can Slow Kidney Damage	763	00:01:43	1093	00:02:10
Gestational Diabetes	56	00:22:35	58	00:22:38
Gestational Diabetes: Activity	1496	00:01:56	2117	00:01:56
Gestational Diabetes: Avoiding Type 2 Diabetes	1495	00:01:38	2116	00:01:38
Gestational Diabetes: Eating Well	652	00:01:35	1063	00:01:54

Gestational Diabetes: Medicines	1498	00:00:56	2119	00:00:56
Gestational Diabetes: Reducing Risk	1494	00:01:59	2115	00:01:59
Gestational Diabetes: Testing Blood Sugar	1497	00:02:04	2118	00:02:04
Gestational Diabetes: What Causes It?	1493	00:01:20	2114	00:01:20
Gestational Diabetes: What Is It?	1492	00:02:15	2113	00:02:15
How Others Manage Diabetes	761	00:01:49	1091	00:02:14
How to Give a Glucagon Shot	654	00:01:23	1773	00:01:23
Insulin: Giving an Injection in the Arm Using a Syringe	653	00:00:59	1064	00:01:02
Insulin: Giving an Injection in the Belly	548	00:02:56	1042	00:03:10
Insulin: How to Prepare a Mixed Dose	527	00:03:26	1040	00:03:52
Insulin: How to Prepare a Single Dose	524	00:01:58	1038	00:02:12
Introduction to Diabetes: The Game Plan	52	00:12:49	54	00:12:45
Metformin and You: A Winning Strategy	1162	00:01:56		
Monitoring Your Blood Glucose: Key Concepts	279	00:21:38	280	00:21:49
Non-Insulin Medications for Diabetes	267	00:12:05	268	00:12:09
Prediabetes: Healthy Changes You Can Make	555	00:02:25	1043	00:02:42
Prediabetes: Which Path Will You Take?	1194	00:01:53	2030	00:02:08
Taking Insulin	269	00:34:12	270	00:34:17
Type 1 Diabetes in Kids	192	00:16:06		
Type 2 Diabetes	1529	00:02:24	2150	00:03:08
Type 2 Diabetes in Young People	193	00:19:14	265	00:19:14
Understanding Insulin	271	00:18:05	272	00:18:21
What is Diabetes? Type 2	51	00:15:26	139	00:15:28

Category: Digestion

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Appendectomy: Before Your Surgery	1515	00:01:55	2136	00:01:55
Appendectomy: Returning Home	1508	00:02:18	2129	00:02:18
Caring for Your Stoma and Ostomy Bag	1457	00:02:54	2078	00:02:54
Constipation: Here's Help	1555	00:01:34	2176	00:01:49
Deciding About Weight-Loss Surgery	893	00:02:33	2011	00:02:33
Diarrhea: Here's Help	1556	00:01:46	2177	00:02:17
Gastric Sleeve Surgery	898	00:01:49	2016	00:01:49

Gastric Sleeve Surgery: Returning Home	883	00:02:47	2001	00:02:46
Ileostomy	1531	00:02:43	2152	00:02:43
Laparoscopic Gastric Banding	897	00:02:01	2015	00:02:01
Laparoscopic Gastric Banding: Returning Home	899	00:02:52	2017	00:02:52
Roux-En-Y Gastric Bypass	884	00:02:33	2002	00:02:33
Roux-En-Y Gastric Bypass: Returning Home	1184	00:02:48	2018	00:02:48
Weight-Loss Surgery: How Others Decided	894	00:02:36	2012	00:02:36

Category: Disease and Injury Prevention

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Avoiding Infections in the Hospital	782	00:01:23	1901	00:01:23
Caregiving: Helping Someone Get In and Out of a Car	1618	00:02:31		
Caring for a Drain After Surgery	1462	00:02:36	2083	00:02:36
Caring for Your Feeding Tube	871	00:02:37	1990	00:02:37
Caring for Your Implanted Port	873	00:02:17	1992	00:02:17
Caring for Your PICC or Central IV Line	872	00:02:23	1991	00:02:23
Carotid Artery Procedure: How Others Decided	1423	00:01:59	2044	00:01:59
Deciding About Taking Blood Pressure Medicine	732	00:02:29	1851	00:02:29
Ergonomics: Exercises to Do While Sitting	1418	00:02:25	2039	00:02:25
Ergonomics: Setting Up Your Work Area	1419	00:02:52	2040	00:02:52
Getting Help When You Leave the Hospital	806	00:01:52	1925	00:01:52
Getting Up Safely After a Fall	520	00:02:13	1642	00:02:12
Hospital Isolation Rooms	783	00:01:49	1902	00:01:49
How to Give a Subcutaneous Injection	1614	00:02:11	2191	00:02:37
In the Hospital: Three Tips for a Healthier Stay	810	00:02:23	1929	00:02:23
Negative Pressure Wound Therapy	868	00:01:57	1987	00:01:57
Pneumococcal Vaccine	815	00:02:37	1934	00:02:37
Preventing Coronary Artery Disease in Women: First Steps	695	00:02:06	1078	00:02:43
Preventing Falls in Older Adults	521	00:02:11	1643	00:02:11
Preventing Falls in the Hospital	786	00:01:36	1905	00:01:36
Preventing Falls: Get an Eye Exam	564	00:00:55	1685	00:00:55
Preventing Falls: Leg Lifts	565	00:00:45	1686	00:00:45
Preventing Falls: Make Your Home Safe	566	00:01:09	1687	00:01:08

Preventing Falls: Medicine Safety	567	00:01:41	1688	00:01:41
Preventing Falls: The Four Fall Stoppers	563	00:01:03	1684	00:01:03
Preventing Falls: Two Good Exercises	568	00:02:38	1689	00:02:38
Preventing Falls: Use a Home Safety Checklist	569	00:01:07	1690	00:01:07
Preventing Problems After Surgery	1429	00:02:45	2050	00:02:45
Protecting Your Skin From the Sun	1458	00:02:09	2079	00:02:09
Safely Storing and Getting Rid of Medicines	1610	00:01:40		
Skin Cancer Prevention: How to Check Your Skin	1463	00:02:51	2084	00:03:00
Stroke Prevention: Should You Have a Carotid Artery Procedure?	1424	00:03:06		
Why Beta-Blockers Are Important After a Heart Attack	707	00:02:07	1826	00:02:07
Why Get a Chlamydia Test?	752	00:01:33	1871	00:01:33

Category: Dolor de espalda y cuello

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Chronic Pain and Opiates: Know What's Safe			2071	00:02:56

Category: Ear Nose and Throat

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Caring for Your Tracheostomy	1550	00:04:15	2171	00:04:56
How to Stop a Nosebleed	682	00:01:34	1801	00:01:34
Sinusitis	1539	00:02:10	2160	00:02:10
Sleep Apnea: How Is It Treated?	1415	00:01:24	2036	00:01:24
Sleep Apnea: How Treatment Can Improve Your Life	1414	00:01:31	2035	00:01:31
Sleep Apnea: Time to Get Checked	1198	00:02:15	2034	00:02:14
Sore Throat: Here's Help	1552	00:01:11	2173	00:01:28
Tracheostomy Surgery	1527	00:02:01	2148	00:02:01
Tracheostomy: Returning Home	1528	00:01:58	2149	00:01:58
Using a Rubber Bulb to Clear a Baby's Nose	677	00:01:06	1077	00:01:27
Vertigo: Head Movements That Help	537	00:01:54	1659	00:01:54
Vertigo: The Epley Maneuver	536	00:01:48	1658	00:01:48
What Is a Sleep Study?	849	00:02:15	1968	00:02:15

Category: Eyes and Vision

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Cataract Surgery	529	00:01:48	1651	00:01:48
Taking Care of Pinkeye at Home	686	00:01:30	1805	00:01:30
Vision Problems: Aids to Help You Cope	678	00:01:20	1797	00:01:20
Vision Problems: Making Your Home Safer	706	00:01:47	1825	00:01:47
Why Get Screened for Glaucoma?	746	00:01:14	1086	00:01:22

Category: First Aid

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Blister Care	685	00:01:44	1804	00:01:44
Care for a Skin Wound	684	00:01:08	1803	00:01:08
Care for Minor Burns	679	00:01:31	1798	00:01:31
Hands-Only CPR	1620	00:01:21		
Infant CPR	1560	00:02:58	2181	00:03:38

Category: Fitness and Exercise

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Cholesterol: Choosing a Heart-Healthy Life	723	00:01:57	1842	00:01:57
Coronary Artery Disease: Being Active	661	00:01:27	1069	00:01:50
Coronary Artery Disease: Commit to Making an Exercise Plan	770	00:02:39	1097	00:03:06
Fitness: How Active Should You Be?	582	00:01:01	1703	00:01:01
Fitness: Increasing Your Core Stability	523	00:02:03	1645	00:02:03
Getting Active	583	00:02:03	1704	00:02:03
Healthy Weight: What Works	1436	00:02:04	2057	00:02:32
Heart Failure: Being Active	644	00:01:35	1763	00:02:00
Heart Failure: Your Reason to Be Active	843	00:01:05	1962	00:01:25
Heart Health: Finding Support for Healthy Changes	1434	00:02:14	2055	00:03:00
Heart Health: Where Will You Be in 5 Years?	1432	00:03:54	2053	00:03:53
Measuring Your Exercise Intensity	522	00:02:02	1644	00:02:26
Older Adults: Be Inspired to Get Active	757	00:02:28	1876	00:02:28
Older Adults: Getting Active After a Health Scare	1255	00:03:45		

Older Adults: Making Physical Activity a Routine	768	00:03:04	1887	00:03:12
Older Adults: Overcoming Barriers to Fitness	1330	00:02:07	1886	00:02:07
Pregnancy: How to Exercise Safely	668	00:01:38	1072	00:01:56
Seated Exercises for Older Adults	1427	00:03:21	2048	00:03:21
Teens: Get Moving!	1189	00:01:33	2025	00:01:33

Category: Headaches

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Headaches: Avoiding Triggers	571	00:01:35	1692	00:01:35
Headaches: Keeping a Diary	572	00:01:31	1693	00:01:31
Rebound Headaches	573	00:01:22	1694	00:01:22
Taking Medicine to Stop a Migraine	570	00:01:19	1691	00:01:19

Category: Healthy Eating

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Coronary Artery Disease: Your Risk for Heart Attack	621	00:01:46	1740	00:01:46
Diabetes: How to Build Your Plate	612	00:01:52	1057	00:02:17
Five Ingredients for Healthy Eating	584	00:01:15	1705	00:01:15
Five Tips for Healthy Eating	586	00:00:25	1707	00:00:25
Good and Bad Fats	617	00:02:09		
Healthy Eating Pays Off	585	00:00:48	1706	00:00:48
Healthy Eating: Getting Back on Track	1440	00:03:04	2061	00:03:04
Healthy Eating: Resisting Temptation in Social Situations	1328	00:02:41	1884	00:02:41
Healthy Eating: What Will Make It Work for You?	1439	00:02:21	2060	00:02:55
Healthy Weight: Make Your Plan	846	00:02:22	1106	00:03:02
Heart Failure: Limiting Sodium	643	00:01:33	1762	00:02:01
Heart Failure: Practice Tracking Sodium	795	00:02:51	1914	00:03:24
Heart-Healthy Diet	660	00:01:53	1779	00:02:18
High Blood Pressure: The DASH Diet	550	00:02:03	1671	00:02:03
Making Meals With Less Sodium	845	00:02:33	1964	00:03:17
Pregnancy: Eating the Right Foods	638	00:01:45	1062	00:02:14
Teens and Healthy Eating: What Gets in Your Way?	1190	00:02:51	2026	00:02:51
Teens: Overweight? You're in Charge	1191	00:02:16	2027	00:02:16

Weight and Your Mind	587	00:00:58	1708	00:01:08
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Category: Healthy Living

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
A Lifetime of Good Eating	217	00:17:26		
Advanced Care Planning	298	00:16:17		
Clean Hands Help Prevent the Flu	171	00:01:12	170	00:01:22
Finding A Balance	166	00:04:20		
Put Your Hands Together	160	00:03:41		
Salt Matters	164	00:04:30		
Smoking: Getting Ready to Quit	141	00:16:01	142	00:15:54
The Obesity Epidemic	165	00:07:15		
Wash Your Hands	175	00:00:33		

Category: Heart and Circulation

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
ACE Inhibitors and ARBs: Helping Blood Flow Better	1570	00:01:58		
Angioplasty for Coronary Artery Disease	528	00:02:18	1041	00:02:50
Angioplasty for Peripheral Arterial Disease	539	00:01:57	1661	00:01:57
Arrhythmia: Living With a Pacemaker	835	00:02:19	1954	00:02:22
Arrhythmia: What Is an ICD?	829	00:01:56	1948	00:01:56
Atrial Fibrillation: Feeling More in Control	1443	00:03:11	2064	00:03:11
Atrial Fibrillation: Living Well	827	00:02:02	1946	00:02:02
Atrial Fibrillation: Managing Your Symptoms	828	00:02:54	1947	00:02:54
Avoiding Triggers for Sudden Heart Failure	641	00:01:44	1760	00:02:13
Beta-Blockers After a Heart Attack	594	00:01:53	1714	00:01:53
Beta-Blockers: Helping Your Heart Relax	1571	00:02:12		
Bypass Surgery for Coronary Artery Disease	526	00:01:55	1039	00:02:23
Cardiac Rehab: How It Can Help	1417	00:03:11	2038	00:03:32
Cardiac Rehab: What Is It?	805	00:02:00	1924	00:02:33
Carotid Artery Stenting	1193	00:01:57	2029	00:01:57
Carotid Endarterectomy	1192	00:01:45	2028	00:01:45
Catheter Ablation for Atrial Fibrillation	665	00:01:56	1784	00:01:56

Catheter Ablation for SVT	696	00:01:44	1815	00:01:44
Coronary Angiogram: How Others Decided	870	00:02:07	1989	00:02:07
Coronary Angiogram: Returning Home	813	00:01:32	1932	00:01:43
Coronary Angiogram: What Is it?	1374	00:02:31		
Coronary Artery Disease and Depression	513	00:01:15	1035	00:01:43
Coronary Artery Disease: Every Step Matters	760	00:01:46	1090	00:02:15
Coronary Artery Disease: Getting Back on Track	771	00:02:39	1098	00:03:22
Coronary Artery Disease: Making Peace With Medicines	769	00:01:53	1096	00:02:19
Coronary Artery Disease: Moving Forward	759	00:02:12	1089	00:02:38
Coronary Artery Disease: Women Are at Risk Too	662	00:01:01	1070	00:01:22
Deciding About Coronary Angiogram	869	00:02:49	1988	00:02:49
Diuretics: Making Them Easier to Take	1163	00:01:40		
Exercise Electrocardiogram (Stress Test)	814	00:02:01	1933	00:02:01
Heart Disease: Aspirin and Heart Attack Risk	591	00:00:51		
Heart Failure: Checking Your Weight Daily	642	00:01:38	1168	00:02:03
Heart Failure: Daily Symptom Checks	832	00:01:33	1177	00:02:06
Heart Failure: How Support Can Help	797	00:01:23	1176	00:01:49
Heart Failure: Learn to Recognize Symptoms	834	00:02:06	1179	00:02:47
Heart Failure: Limiting Fluids	645	00:01:25	1169	00:01:58
Heart Failure: Medicines to Avoid	629	00:01:25	1166	00:02:05
Heart Failure: Self-Care	630	00:01:37	1167	00:02:05
Heart Failure: Small Steps to Self-Care	775	00:02:17	1174	00:02:51
Heart Failure: Support After Your Hospital Stay	796	00:01:15	1175	00:01:28
Heart Failure: Taking an ACE inhibitor or ARB	774	00:01:52	1173	00:02:01
Heart Failure: Taking Over-the-Counter Medicines Safely	844	00:01:51	1180	00:02:31
Heart Failure: Track Your Symptoms	651	00:01:33	1170	00:02:11
Heart Failure: When to Act on Your Symptoms	833	00:02:47	1178	00:03:13
Heart Failure: When to Call for Help	628	00:01:19	1165	00:01:47
Heart Valve Replacement Surgery	664	00:00:59	1783	00:01:10
High Blood Pressure During Pregnancy	1562	00:02:18		
High Blood Pressure: Make the Most of Home Monitoring	1433	00:02:42	2054	00:02:42
How a Heart Attack Happens	595	00:00:51	1715	00:00:51
How to Prevent a Second Heart Attack	659	00:01:52	1778	00:01:52
How to Put on Compression Stockings	540	00:01:37	1662	00:01:37

Is It a Heart Attack?	663	00:02:15	1782	00:02:15
Low-Dose Aspirin to Prevent a Heart Attack	772	00:03:01	1099	00:03:30
Medicine for High Blood Pressure	551	00:02:11	1672	00:02:11
Open-Heart Surgery: Returning Home	1416	00:03:06	2037	00:03:47
Pacemaker Placement	830	00:01:36	1949	00:01:36
Pacemaker Placement: Returning Home	831	00:02:04	1950	00:02:04
Preventing Coronary Artery Disease	512	00:02:00	1034	00:02:43
Taking Blood Pressure at Home	632	00:02:06	1751	00:02:36
Taking Blood Pressure Medicine: How Others Decided	734	00:01:22	1853	00:01:22
Transcatheter Aortic Valve Replacement (TAVR)	1516	00:02:43	2137	00:02:43
What Is Atrial Fibrillation?	666	00:01:47	1785	00:01:46
Why Are Blood Tests Needed With Some Medicines?	785	00:01:29	1904	00:01:29

Category: Heart Failure

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Congestive Heart Failure	187	00:13:30		
Daily Weight (Teach Back)	276	00:02:39		
Heart Failure: Leaving the Hospital	73	00:09:35	74	00:09:35
Heart Failure: Managing Day to Day	148	00:17:13	68	00:17:13
Heart Failure: Medications	71	00:14:36	72	00:14:36
Heart Failure: Nutrition and Exercise	69	00:17:00	70	00:17:04
Heart Talk - Living with Heart Failure	290	00:24:04		
What is Heart Failure?	66	00:18:25	147	00:18:25

Category: Heart: General

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Aortic Stenosis in Seniors Explained	956	00:03:50		
Atrial Fibrillation	308	00:10:05		
Atrial Fibrillation (Sp)			935	00:10:17
Cardiac Cath	182	00:13:57	183	00:10:16
Heart Valve Disease in Women	957	00:05:20		
High Blood Pressure: An Introduction to Treatment	63	00:15:46	65	00:15:31
High Cholesterol: An Introduction to Treatment	64	00:13:08	146	00:13:08

Living with Atrial Fibrillation	958	00:08:05		
Living with VTE and Preventing Deadly Blood Clots	959	00:06:02		
Living with your ICD	207	00:27:29		
Living with your Pacemaker	201	00:14:22		
Pacemakers	62	00:15:42	145	00:15:53
Smoking: Getting Ready to Quit	141	00:16:01	142	00:15:54
The Heart Truth for Women (CC)	288	00:10:13		
Understanding and Controlling Hypertension	204	00:20:33		
Understanding Pacemakers	205	00:17:40		

Category: Heart: Stroke

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
After a Stroke	77	00:17:01	78	00:17:01
Incontinence: Tips to Manage	936	00:03:48		
Know Stroke	289	00:08:24		
Managing Your Medications	937	00:04:09		
Salt Matters	164	00:04:30		
Stroke: Reducing the Risk	75	00:13:46	76	00:13:48

Category: High Blood Pressure

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Lifestyle Changes to Lower Blood Pressure	733	00:01:44	1852	00:01:44
The Effects of High Blood Pressure	731	00:01:46	1850	00:02:08

Category: Home Care

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
PleurX System Patient Education	970	00:07:50		
The PleurX System	968	00:12:13	969	00:12:14

Category: Hormones

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
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Thyroid Scan: Understanding the Test	838	00:01:30	1957	00:01:30
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Category: Immune System

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Fever: Here's Help	1558	00:01:34	2179	00:02:02
HIV: Understanding the Test	1460	00:02:44	2081	00:02:44

Category: Infant and Toddler Health

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
After the NICU: Caring for Your Baby at Home	1514	00:02:18	2135	00:02:18
Breast-Feeding: Getting Your Baby to Latch	559	00:02:57	1045	00:03:34
Caring for a Baby With Neonatal Abstinence Syndrome (NAS)	1619	00:02:41		
Caring for Your Newborn: Diapers	674	00:02:07	1075	00:02:31
Caring for Your Newborn: Feeding	673	00:01:33	1074	00:01:56
Caring for Your Newborn: Sleeping	667	00:01:14	1071	00:01:25
Caring for Your Newborn: Umbilical Cord	1146	00:01:33	1171	00:01:52
How to Calm a Crying Baby	672	00:02:13	1073	00:02:33
Kangaroo Care for Your Baby and You	1512	00:01:44	2133	00:01:44
Learning About Circumcision	1576	00:01:49		
Learning About the NICU	1511	00:02:25	2132	00:02:25
NICU: Getting Ready to Take Your Baby Home	1513	00:01:43	2134	00:01:43
Safe Sleep for Infants	1579	00:02:08		
Should My Son Be Circumcised?	1588	00:01:38		

Category: Kidney Health

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Enjoying Life Dialysis	214	00:23:14		
Options for Living with Kidney Failure	215	00:29:19	264	00:30:02
Renal Nutrition	216	00:14:41		

Category: Kids & Teens

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Get the Picture: Child Immunizations	162	00:06:28		
Happy Handwashing Song	199	00:00:50		
Is My Child Ready to Read; with Dr. Dave Tayloe	306	00:03:46		
Kids and Airbags	222	00:05:35	263	00:05:34
Knees Lifted High	157	00:08:20		
Learn How to Sneeze with Elmo	172	00:00:52		
Plate Full Of Color	158	00:08:13		
Roxy to the Rescue	83	00:20:02	84	00:19:59
RSV: Symptoms and Treatment	1007	00:01:59		
Speak Up: Kid Power	119	00:01:08	120	00:01:08
Stay Healthy with Elmo	153	00:00:52		
Through the Eyes of the Eagle	167	00:07:09		
Tricky Treats	168	00:10:56		
Type 1 Diabetes in Kids	192	00:16:06		
Type 2 Diabetes in Young People	193	00:19:14	265	00:19:14
Wash your Hands with Elmo	161	00:00:42		

Category: LifeVest Patient Education

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Lifevest - Chapter 1	965	00:06:41		
LifeVest - Chapter 2	962	00:03:51		
LifeVest - Chapter 3	964	00:06:35		
LifeVest - Chapter 4	963	00:03:25		
LifeVest - Chapter 5	966	00:06:23		
LifeVest - Chapter 6	967	00:01:20		

Category: Lungs and Airways

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Asthma Action Plan	508	00:01:38	1031	00:02:05
Asthma: Myths About Inhaled Steroids	510	00:01:48	1032	00:02:17

Asthma: The Importance of Controller Medicines	608	00:00:25	1055	00:00:27
Asthma: Using an Inhaler and Spacer	503	00:01:38	1030	00:02:06
Asthma: What Happens in Your Lungs	609	00:02:32	1056	00:03:04
Bronchoscopy	1488	00:01:44	2109	00:01:44
Checking Peak Flow	658	00:01:49	1068	00:02:07
Dealing With Asthma Triggers	511	00:02:04	1033	00:02:37
How to Use an Incentive Spirometer	525	00:01:25	1647	00:01:25
Pneumonia: Self-Care	885	00:02:09	2003	00:02:09
Quit Smoking: How Medicines Can Help	711	00:02:40	1081	00:03:15
Quit Smoking: How to Tell Your Friends	714	00:04:48	1833	00:04:48
Quit Smoking: Keep Your Social Life	713	00:02:35	1082	00:03:27
Quitting Smoking: Dealing With a Slip-Up	804	00:02:52	1104	00:03:43
Quitting Smoking: Have Your Own Reason	606	00:00:28	1054	00:00:41
Quitting Smoking: It May Take Many Tries	603	00:00:36	1723	00:00:36
Quitting Smoking: Medicines Increase Success Rates	618	00:01:26	1059	00:01:59
Quitting Smoking: Medicines to Help With Cravings	604	00:00:40	1053	00:00:55
Quitting Smoking: The Rewards Start Now	803	00:02:02	1103	00:02:28
Sleep Apnea: Having Trouble With CPAP?	851	00:02:37	1970	00:02:37
Sleep Apnea: Using CPAP	850	00:01:55	1969	00:01:55
Sleep Apnea: What Is It?	848	00:01:34	1967	00:01:34
Smoker's Cough: What Do You Tell Yourself?	781	00:01:43	1900	00:01:43
Stories From People Controlling Their Asthma	509	00:01:30	1631	00:01:53
Teenagers: Feeling Different Because of Asthma	727	00:01:27	1846	00:01:27
Using a Dry Powder Inhaler	657	00:01:46	1067	00:02:15
Using a Metered-Dose Inhaler With a Mask Spacer	656	00:01:18	1066	00:01:28
Using an Inhaler and Spacer	1202	00:01:38	1625	00:02:06
Why You Don't Need Antibiotics for Bronchitis	735	00:02:51	1854	00:02:51
Your Corticosteroid Inhaler: Making It Easier to Breathe	1164	00:01:57	2188	00:02:14

Category: Medications

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Anticoagulant Medications: Taking it Safely	144	00:12:56	143	00:13:04
Arixtra	196	00:06:17	262	00:07:07

Coumadin and You	197	00:10:35		
Lovenox	198	00:23:43		
Non-Insulin Medications for Diabetes	267	00:12:05	268	00:12:09
Speak Up: Take Medication Safely	124	00:01:25	4	00:01:22
SPRIVA Inhaler	202	00:09:04		
Staying Active and Healthy with Blood Thinners	125	00:10:42		
Taking Antibiotics in the Hospital	973	00:05:16	974	00:06:33
Understanding Asthma Medications	88	00:18:41		
Understanding Coumadin	199	00:09:50		
Understanding Insulin	271	00:18:05	272	00:18:21
Using Medications Safely	274	00:16:24	296	00:16:24

Category: Mental and Behavioral Health

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
A Good Support System Is Important	616	00:02:04	1736	00:02:04
Alcohol: How to Deal With a Slip-Up	1483	00:02:29	2104	00:02:41
Alcohol: Taking Action	1480	00:02:24	2101	00:02:57
Alcohol: The Space It Takes Up in Your Life	1479	00:01:58	2100	00:02:18
Alcohol: Time for a Change?	1481	00:02:57	2102	00:03:02
Alcohol: Treatment Options	1482	00:02:33	2103	00:03:04
Antidepressants: Keeping Your Life in Balance	1161	00:01:52		
Anxiety: How to Change Anxious Thoughts	1188	00:03:01	2022	00:03:01
Anxiety: Is Treatment Right for You?	1197	00:01:56	2033	00:01:56
Anxiety: Paying Attention to How You're Doing	905	00:01:55	2023	00:01:55
Anxiety: Treatment Options	1196	00:02:09	2032	00:02:09
Anxiety: What Is It?	1195	00:02:05	2031	00:02:05
Building Resilience	611	00:01:51	1731	00:01:51
Changing Negative Thoughts	613	00:01:26	1733	00:01:26
Counseling for Depression	507	00:02:13	1629	00:02:09
Depression Is Common	597	00:00:42	1717	00:00:42
Depression Medicine Side Effects	516	00:01:54	1638	00:01:54
Depression Medicine: Deciding to Quit	517	00:01:56	1639	00:01:56
Depression: Cost of Medicine	596	00:00:30	1716	00:00:30

Depression: Mood Check-In to Prevent a Relapse	747	00:03:26	1866	00:03:26
Depression: Outside Looking In	749	00:01:35	1868	00:01:35
Depression: Rating Your Mood	751	00:02:17	1870	00:02:17
Depression: Social Support and Recovery	750	00:02:44	1869	00:02:44
Depression: Using Your Inner Strengths	500	00:02:39	1622	00:02:39
Drug Addiction: Treatment Options	1537	00:03:05	2158	00:03:05
Drug Withdrawal: What to Expect	1538	00:02:09	2159	00:02:09
Grief: Coping After Stillbirth	1582	00:02:34		
How and When to Give Naloxone	1577	00:03:11	2189	00:03:59
How to Stop Negative Thoughts	589	00:01:10	1710	00:01:10
How Your Body Reacts to Stress	574	00:02:46	1695	00:03:09
Medicines for Depression	506	00:01:45	1628	00:01:45
Positive Thinking	602	00:01:37	1722	00:01:37
Positive Thinking: Susan's Story	601	00:02:15	1721	00:02:15
Prescription Medicine Misuse: Could You Have a Problem?	1474	00:02:37	2095	00:02:37
Prescription Medicine Misuse: Getting Back on Track	1478	00:02:28	2099	00:02:28
Prescription Medicine Misuse: Setting Goals for Quitting	1476	00:02:23	2097	00:02:23
Prescription Medicine Misuse: Support for Recovery	1477	00:03:01	2098	00:03:01
Prescription Medicine Misuse: Treatment Options	1475	00:03:04	2096	00:03:04
PTSD: Checking In With Yourself	1486	00:02:23	2107	00:02:23
PTSD: Finding Yourself Again	1491	00:02:37	2112	00:02:37
PTSD: Having a Plan	1485	00:02:50	2106	00:02:50
PTSD: Signs and Symptoms	1487	00:03:30	2108	00:03:30
PTSD: Treatment Options	1490	00:03:02	2111	00:03:02
Relaxation Exercise: Deep Breathing	575	00:01:49	1696	00:01:49
Relaxation Exercise: Guided Imagery	590	00:02:38	1711	00:02:38
See Yourself as a Nonsmoker	619	00:02:54	1738	00:02:54
Stories From People Recovering From Depression	505	00:02:06	1627	00:02:40
Stories From People With New Depression	502	00:01:29	1624	00:01:29
Stories From People With Recurring Depression	504	00:01:17	1626	00:01:17
Stress Management: Progressive Muscle Relaxation	671	00:05:27	1790	00:05:27
Stress Management: Roll Breathing	549	00:02:07	1670	00:02:20
The Pain-Mood Connection	501	00:01:40	1623	00:02:15
Tips for Finding a Therapist	639	00:02:00	1758	00:02:00

Treatment for Depression	600	00:00:46	1720	00:00:46
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Category: Mental Health

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Anxiety (An introduction)	979	00:01:06		
Bipolar disorder (introduction)	981	00:01:31		
PTSD - A Real Illness	978	00:06:38		
Stories of depression - the basics	982	00:06:33		
Stress (An introduction)	980	00:01:43		

Category: Mother's Care

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Breast Self Exam	210	00:08:29		
Breastfeeding: A Guide to Getting Started			940	00:19:44
Breastfeeding: A Guide to Getting Started	939	00:19:29		
Early Hand-Expression of Breastmilk	941	00:17:50		
Making Enough Milk: The Key to Successful Breastfeeding	938	00:10:00		
Postpartum Care	79	00:15:38	80	00:15:42

Category: Newborn Care

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Baby Steps: Learn the Signs. Act Early	155	00:04:36		
Breastfeeding - A Special Relationship	211	00:26:31		
Breastfeeding: A Guide to Getting Started			940	00:19:44
Breastfeeding: A Guide to Getting Started	939	00:19:29		
Early Hand-Expression of Breastmilk	941	00:17:50		
Fathers Supporting Breastfeeding	220	00:19:54		
Making Enough Milk: The Key to Successful Breastfeeding	938	00:10:00		
Newborn Care	81	00:29:42	82	00:29:42
Paternity Overview	221	00:04:48		
Safe Sleep	301	00:09:56	304	00:10:40
SIDs	209	00:03:45		

The Period of Purple Crying	258	00:10:54	266	00:11:12
Welcome to Parenthood	152	00:01:13		
Your Baby's Hearing Test	213	00:06:19		

Category: Ostomy

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
About Your Colostomy	984	00:05:46		
About Your Ileostomy	987	00:06:21		
About Your Urostomy	985	00:06:25		
Colonoscopy- short	541	00:01:56	1663	00:01:56
Finding Information and Support	986	00:03:19		
How to Apply a One Piece Drainable Pouch	989	00:05:53		
How to Apply a One Piece Urostomy Pouch	990	00:05:27		
How to Apply a Two Piece Drainable Pouching System	991	00:05:43		
How to Apply a Two Piece Drainable Pouching System	992	00:06:40		
How to Apply a Two Piece Urostomy Pouching System	995	00:06:07		
How to Empty a Drainable Pouch	993	00:03:12		
How to Empty a Urostomy Pouch	994	00:03:21		
How to Measure Your Stoma	996	00:04:04		
How to use Adapt Barrier Rings	997	00:02:15		
How to use Adapt Convex Barrier Rings	998	00:02:55		
How to use Adapt Ostomy Belts	1002	00:02:22		
How to Use Adapt Paste	1001	00:02:26		
How to use Adapt Stoma Powder	999	00:01:15		
How to use Lubricating Deodorant	1000	00:01:40		
How to use Wipes	1003	00:03:18		
Living With Your Ostomy	988	00:05:39		

Category: Parenting

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Parent or Smoker: How Does Your Child See You?	841	00:01:38	1960	00:01:38

Category: Pregnancy and Childbirth

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Big Baby: Problems When Labor Is Induced	1525	00:03:10	2146	00:03:10
Big Baby: Vaginal Tears	1526	00:01:44	2147	00:01:44
Big Baby: What If My Baby's Shoulder Gets Stuck?	1523	00:01:29	2144	00:01:29
Big Baby: What's Happening at the End of Pregnancy?	1524	00:01:13	2145	00:01:13
Caring for Yourself While Your Baby Is in the NICU	1510	00:02:01	2131	00:02:01
Managing Morning Sickness	561	00:01:55	1047	00:02:14
Pregnancy: Learning About Doctors and Midwives	558	00:02:01	1044	00:02:25
Pregnancy: Signs of Preterm Labor	1611	00:02:21		
Pregnancy: Your First Weeks	560	00:01:42	1046	00:02:09
Signs of Labor	562	00:01:39	1048	00:02:02
VBAC or C-Section: What Birth Experience Feels Right for You?	1519	00:02:17	2140	00:02:17
VBAC: Choosing a Hospital	1520	00:01:46	2141	00:01:46
VBAC: Safe Labor After a Cesarean	1518	00:02:08	2139	00:02:08
VBAC: Why Alex Chose a Vaginal Birth	1522	00:02:20	2143	00:02:20
VBAC: Why Rachel Chose a Cesarean Birth	1521	00:02:34	2142	00:02:34

Category: Prevención de enfermedades y lesiones

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Deciding About Having a Carotid Artery Procedure			2045	00:03:06

Category: Procedures / Tests

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Colonoscopy	55	00:10:12	57	00:10:12
Coronary Angiography	67	00:10:16		
Dobutamine Stress Echocardiography	949	00:05:06		
Echocardiogram	950	00:02:52		
Nuclear Medicine Stress Testing	954	00:06:26		
Sleep Lab	186	00:15:35		
Stress echo	952	00:05:22		
Upper GI Endoscopy	60	00:09:31	59	00:09:30

What to Ask Before Surgery	284	00:02:36		
You and Your Stent	942	00:10:52	943	00:13:03
Your Surgical Experience	206	00:11:24		

Category: Senior Health

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Caregiving: Take Care of Yourself Too	646	00:01:29	1765	00:01:29
Choosing a Health Care Agent	1563	00:02:47		
Pelvic Exercises for Urinary Incontinence	745	00:02:24	1864	00:02:24
Saving Money on Medicine	607	00:00:42	1727	00:00:42
Urinary Incontinence: Talk to Your Doctor	744	00:01:56	1863	00:01:56

Category: Sexual and Reproductive Organs

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Deciding About a Hysterectomy for Abnormal Uterine Bleeding	886	00:02:46	2004	00:02:46
Endometrial Ablation	882	00:02:14	2000	00:02:14
Hormone Therapy for Abnormal Uterine Bleeding	895	00:02:19	2013	00:02:19
Hysterectomy	881	00:02:36	1999	00:02:36
Hysterectomy for Abnormal Uterine Bleeding: How Others Decided	887	00:02:09	2005	00:02:09
Hysterectomy: Returning Home	896	00:03:01	2014	00:03:01
Tubal Ligation	1499	00:02:45	2120	00:02:45
Tubal Ligation: Returning Home	1500	00:02:31	2121	00:02:31
Vaginal Yeast Infection: Here's Help	1559	00:01:29	2180	00:02:05

Category: Skin Hair and Nails

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Acne: Here's Help	1554	00:01:27	2175	00:01:53
Taking Care of Stitches	683	00:01:45	1802	00:01:45

Category: Sleep Problems

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
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Lack of Sleep	598	00:01:00	1718	00:01:07
Sleep and Your Health	824	00:01:24	1943	00:01:24
Sleep Importance	599	00:00:43	1719	00:00:43
Sleeping Better	1121	00:02:11	1743	00:02:11

Category: Spiritual Care

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Christmas 2016	975	00:03:24		
Hymns/Spiritual Music	971	01:00:11		
The Message of Easter	944	00:06:43		

Category: Staff

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
ARJO Lift-staff	900	00:04:23		
Autism & Childhood Immunizations-staff	901	00:16:46		
Avoiding the Use of Restraints	976	00:19:45		
BioCon 700 Instructions Video	307	00:06:01		
Bladder Scan	902	00:10:53		
Cathflo Activase-staff	903	00:15:23		
Fall Prevention_Stryker Beds-staff	904	00:40:18		
Hand Hygiene-staff	907	00:05:29		
Hospira Inservice-staff	908	00:05:40		
Insulin Pen Demonstration-staff	909	00:05:19		
Latex Allergy Dilemma-staff	910	00:17:46		
Laughing at Stress	955	00:22:16		
Lopez Valve-staff	911	00:03:35		
Maintenance and Care of PICCs-staff	912	00:26:43		
MRI Safety-staff	913	00:12:24		
Multiple Drug Resistant Organisms-staff	914	00:16:52		
Nellcor Portable SpO2 Patient Monitor	945	00:02:17		
Nellcor SpO2 Monitoring: Additional Patient Modes	948	00:02:49		
Nellcor SpO2 Monitoring: Alarm Management	946	00:01:46		
Nellcor SpO2 Monitoring: Overview	947	00:01:20		

Neonatal Abstinence Syndrome-staff	915	01:21:29
North Carolina Nurses-staff	916	00:58:30
PARASLYDE Evacuation Equipment	961	00:18:42
Pre-operative Skin Prep with CHG Wipes	983	00:03:36
Pt Evacuation Technique-staff	917	00:04:46
Pt Transfer Technique-staff	918	00:20:34
Respirators Admin Review-staff	919	00:24:22
Respirators Your TB Defense-staff	920	00:16:45
Safer Medical Devices & Bloodborne Pathogens-staff	921	00:19:52
Saving for Stress	218	00:14:43
Stop the Spread Infection Control-staff	922	00:21:19
Stryker Med Surgical Bed-staff	923	00:16:44
Stryker Xpert Sleep Surface-staff	924	00:04:43
Suicide Precautions in the Healthcare Setting	977	00:16:56
The 2016 Zoll R Series	972	00:21:00
Trach & Stoma Care-staff	225	00:46:38
Violence on the Job-staff	926	00:08:54
Workplace Violence-staff	927	00:11:55
Wound Mgt Module I Skin-staff	928	00:10:27
Wound Mgt Module II Microorganisms-staff	929	00:10:23
Wound Mgt Module III Pressure Ulcers-staff	930	00:10:08
Wound Mgt Module IV Healing Process-staff	931	00:09:52
Wound Mgt Module V Ulcers Accurately-staff	932	00:19:00
Zoll Defibrillator-staff	933	00:02:58

Category: Stress / Relaxation

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
A Day Away From Stress	212	00:12:14		
Coping with Traumatic Events	169	00:02:16		
Stress	219	00:11:32		
The Word Became Flesh	934	00:04:50		
Understanding and Controlling Hypertension	204	00:20:33		
Understanding Your Stress	61	00:11:32	140	00:11:34

Working With Stress 223 00:16:57

Category: Substance Abuse

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Beat Your Smoking Triggers	610	00:02:20	1730	00:02:19

Category: Teen Health

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Sleep Problems: Getting Past Barriers to Powering Down	825	00:02:42	1944	00:02:42
Sleep Problems: Make a Plan to Power Down	826	00:02:34	1945	00:02:34
Teens: Who Do You See in the Mirror?	906	00:02:09	2024	00:02:09

Category: Under Review - Possible Outdated Videos

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
A Lifetime of Good Eating	217	00:17:26		

Category: Urinary System

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Caring for Your Urinary Catheter	1148	00:02:30	1899	00:02:30
Dialysis: Caring for Your Vascular Access at Home	1569	00:03:08	2187	00:03:35
Dialysis: Living Better With Dialysis	1564	00:02:53	2183	00:03:11
Dialysis: What Is It?	1565	00:02:17	2184	00:02:28
Dialysis: Your Vascular Access	1568	00:02:22	2186	00:02:35
Hemodialysis Access: When Is the Right Time?	1566	00:01:49	2185	00:01:59
Kidney Transplant: Before Your Surgery	1598	00:01:32		
Kidney Transplant: Returning Home	1599	00:02:30	2190	00:02:43
Urinary Tract Infection: Here's Help	1553	00:01:42	2174	00:02:09
Urine Test: Understanding the Test	840	00:01:22	1959	00:01:22

Category: Weight Management

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
BMI, Waist Size, and Your Health	743	00:01:23	1862	00:01:23
Healthy Weight: Find Your Inspiration	847	00:03:16	1107	00:03:58
Healthy Weight: When Success Slows Down	1437	00:02:16	2058	00:02:39
Positive Thinking for Weight Control	588	00:00:33	1709	00:00:33

Category: Wise Health Consumer

Title	English Access Code	English Duration	Spanish Access Code	Spanish Duration
Advance Care Planning: The Need for Ongoing Conversations	1543	00:03:30	2164	00:03:44
Advance Care Planning: Thinking About Hospice	1544	00:02:47	2165	00:03:26
Advance Care Planning: Treatment Choices Near the End of Life	1545	00:04:02	2166	00:04:40
Advance Directives	1540	00:02:51	2161	00:02:51
After a Hospital Stay: Managing Appointments	1428	00:02:22	2049	00:02:22
Caregiving: How to Prepare	1617	00:02:27		
Creating a Personal Health Record	808	00:03:08	1927	00:03:08
Home Health Care: What to Expect	1621	00:01:40		
In the Hospital: How to Get the Best Care	807	00:01:54	1926	00:01:54
Make the Most of Your Doctor Visit	554	00:01:49	1675	00:02:04
Managing Your Medicines	615	00:01:14	1735	00:01:23
What Are Opioids?	1551	00:02:24	2172	00:02:40
What Is a Hospital Patient Advocate?	1185	00:01:33	2019	00:01:33
Work Closely With Your Doctor	809	00:02:12	1928	00:02:27
Your Hospital Stay: Going Home	1425	00:01:58	2046	00:01:58
Your Hospital Stay: Moving to Another Care Facility	1426	00:02:05	2047	00:02:05