

UNDERSTAND YOUR HEART HEALTH

Doctor-Approved Educational Videos



PLAYLISTS

Learn all about your condition, its risks, treatments, devices, and more



HEART ATTACK
(MI)



HEART DISEASE
(CAD)



HEART FAILURE
(CHF)



PERIPHERAL ARTERY
DISEASE (PAD)



CONTENIDO
EN ESPAÑOL

VIDEOS

Learn about a specific topic



EXERCISE &
HEART HEALTH



NUTRITION &
HEART HEALTH



NUTRITION &
HEART FAILURE



STRESS &
HEART HEALTH



HEART ATTACK &
HEART FAILURE



CARDIAC REHAB
BENEFITS

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VIDEOS Learn about a specific topic



**NUTRITION &
HEART DISEASE**



**SLEEP APNEA
TREATMENT**



STATINS



**HEART FAILURE
DEVICES**



**ANGIOPLASTY &
STENT PROCEDURE**

TOOLS Learn about your health & potential risks



6 MINUTE WALK TEST



**AFIB
RISK CALCULATOR**



BMI CALCULATOR



**DIABETES
RISK CALCULATOR**



**HEART DISEASE
RISK CALCULATOR**

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