

# UNDERSTAND YOUR HEART HEALTH

## Doctor-Approved Educational Videos



### PLAYLISTS

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



ARRHYTHMIAS



ATRIAL FIBRILLATION  
(AFIB)



HEART DISEASE  
(CAD)



HIGH CHOLESTEROL



PERIPHERAL ARTERY  
DISEASE (PAD)



TYPE 1 & 2 DIABETES

### VIDEOS

Learn about a specific topic



ANGIOPLASTY &  
STENT PROCEDURE



CHEST PAIN:  
CAUSES & TESTS



DEEP VEIN  
THROMBOSIS (DVT)



EXTRA HEART BEAT  
(PVC)



HIGH BLOOD  
PRESSURE



HOW TO DO CPR

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### VIDEOS Learn about a specific topic



**NUTRITION &  
HEART DISEASE**



**SLEEP APNEA  
TREATMENT**



**STATINS**



**COMPLICATIONS  
OF DIABETES**



**CARDIAC REHAB  
BENEFITS**

### 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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