Healthwise® Video Library

Topic List

Reach and teach more people with more than 600 videos from the Healthwise Video Library.

A
A Good Support System Is Important
ACE Inhibitors and ARBS: Helping Blood Flow Better
ACL Reconstruction Surgery
Acne: Here’s Help *
Acupuncture and Massage for Back Pain
Advance Care Planning: The Need for Ongoing Conversations *
Advance Care Planning: Thinking About Hospice *
Advance Care Planning: Treatment Choices Near the End of Life *
Advance Directives
Advanced Cancer: Finding Hope
After a Hospital Stay: Managing Appointments
After a Stroke: Taking a Blood Thinner for A-fib
After a Stroke: Taking an Antiplatelet
After a Stroke: Your Self-Care Plan
After the NICU: Caring for Your Baby at Home
Alcohol: How to Deal with a Slip-Up *
Alcohol: Taking Action *
Alcohol: The Space It Takes Up in Your Life *
Alcohol: Time for a Change? *
Alcohol: Treatment Options *
Alzheimer’s Disease *
Anesthesia: Epidural for Childbirth *
Anesthesia: Peripheral Nerve Block
Anesthesia: Spinal
Angioplasty for Coronary Artery Disease *
Angioplasty for Peripheral Arterial Disease
Antidepressants: Keeping Your Life in Balance
Anxiety: How to Change Anxious Thoughts
Anxiety: Is Treatment Right for You?
Anxiety: Paying Attention to How You’re Doing
Anxiety: Treatment Options
Anxiety: What Is It?
Appendectomy for Children: Before Surgery
Appendectomy for Children: Returning Home
Appendectomy: Before Your Surgery
Appendectomy: Returning Home
Arrhythmia: Living With a Pacemaker
Arrhythmia: What Is an ICD?
Arthritis: Making Everyday Activities Easier
Asthma Action Plan *
Asthma Action Plan for Your Child *
Asthma: Helping a Young Child Take Medicine *
Asthma: Is Your Child Using the Rescue Inhaler Too Often? *
Asthma: Keeping Your Child Out of the Hospital *
Asthma: Myths About Inhaled Steroids *
Asthma: The Importance of Controller Medicines *
Asthma: What Happens In Your Lungs *
Atrial Fibrillation: Feeling More in Control
Atrial Fibrillation: Living Well
Atrial Fibrillation: Managing Your Symptoms
Avoiding COPD Triggers
Avoiding Infections in the Hospital
Avoiding Triggers for Sudden Heart Failure *

B
Back Pain Needs Time, Activity, and Medicine
Back Pain: Getting In and Out of Bed
Back Pain: Have a Maintenance Plan
Back Pain: Self-Massage With a Tennis Ball
Back Pain: Strengthening Your Core
Back Surgery for Herniated Disc *
Back Surgery for Spinal Stenosis
Beat Your Smoking Triggers
Benefits of a Pap Test
Benefits of Flu Shots
Beta-Blockers After a Heart Attack
Beta Blockers: Helping Your Heart Relax
Big Baby: Problems When Labor is Induced *
Big Baby: Vaginal Tears
Big Baby: What if My Baby’s Shoulder Gets Stuck?
Big Baby: What’s Happening at the End of Pregnancy? *
Blister Care
Blood Transfusion
BMI, Waist Size, and Your Health
Bone Marrow Transplant: Before Your Procedure *
Bone Marrow Transplant: Returning Home *
Bowel Resection
Breast Cancer: Help for Skin Changes From Radiation *
Breast Reconstruction: How Others Decided
Breast-Feeding: Getting Your Baby to Latch *
Bronchoscopy
Building Resilience
Bypass Surgery for Coronary Artery Disease *

C
Cancer: Adjusting Over Time
Cancer: Dealing With Stress *
Cancer: Finding Peace in Spirituality *
Cancer: Finding Your Strength *
Cancer: Help for Fatigue *
Cancer: How It Affects Your Relationships *
Cancer: How to Talk to Your Children
Cancer: Life After Treatment *
Cancer: Preparing for Hair Loss From Chemotherapy *
Cancer Treatment: Help for Mouth and Throat Problems *
Cancer Treatment: Help for When You Feel Sick or Lose Your Appetite *
Cancer: Understanding Your Feelings *
Cancer: When You First Find Out *
Cancer: Your Support Network *
Car Seat Safety
Cardiac Rehab: How It Can Help *
Cardiac Rehab: What is it? *
Care for a Skin Wound
Care for Minor Burns
Caregiving: Helping Someone Get In and Out of A Car
Caregiving: How To Prepare
Caregiving: How To Turn A Person in Bed
Caregiving: Take Care of Yourself Too
Caring for Your Child With A Seizure Disorder
Caring for Your Child’s Drain After Surgery
Caring for Your Child’s Trach
Caring for Your Feeding Tube
Caring for Your Implanted Port
Caring for Your Newborn: Diapers *
Caring for Your Newborn: Feeding *
Caring for Your Newborn: Sleeping *
Caring for Your Newborn: Umbilical Cord *
Caring for Your PICC or Central IV Line
Caring for Your Stoma and Ostomy Bag
Caring for Your Tracheostomy *
Caring for Your Urinary Catheter
Caring for Yourself While Your Baby is in the NICU
Cataract Surgery
Catheter Ablation for Atrial Fibrillation
Catheter Ablation for SVT
Changing Negative Thoughts
Checking Peak Flow *
Child CPR
Childhood Leukemia: Treatment Options
Childhood Leukemia: What is ALL?
Childhood Leukemia: What is AML?
Childhood Leukemia: Working with Your Care Team
Children and Cough and Cold Medicines
Children and Teens: What is Type 2 Diabetes
Cholesterol Numbers: What They Mean for Your Health *
Cholesterol Test: Understanding the Test
Cholesterol: Choosing a Heart-Healthy Life
Cholesterol: How It Raises Your Risk *
Choosing a Health Care Agent
Chronic Low Back Pain: Time for Something New
Chronic Pain and Opiates: Know What’s Safe
Chronic Pain: Finding Your Strength
Chronic Pain: How Medicines Can Help You Manage It
Chronic Pain: Managing Pain With Healthy Thinking
Chronic Pain: Tracking How You’re Doing
Chronic Pain: Treatments Other Than Medicine
Colon Cancer: Screening Tests and What the Results Mean
Colonoscopy
Colonostomy
Complete Blood Count (CBC) Test: Understanding the Test *
Constipation: Here’s Help *
COPD: Clearing Your Lungs
COPD: Eating Well for Strength and Energy
COPD: Exercises for Building Strength
COPD: Exercises for Easier Breathing
COPD: How To Use a Nebulizer
COPD: Keeping Your Quality of Life
COPD: Take This Chance to Quit Smoking *
COPD: Taking Medicines After a Flare-Up
COPD: Time To Decide About Smoking *
COPD: Try A New Quit-Smoking Strategy *
COPD: What Happens to Your Lungs
COPD: You Can Still Be Active
Coronary Angiogram: How Others Decided
Coronary Angiogram: Returning Home *
Coronary Angiogram: What Is It? *
Coronary Artery Disease and Depression *
Coronary Artery Disease: Aspirin and Heart Attack Risk
Coronary Artery Disease: Being Active *
Coronary Artery Disease: Commit to Making an Exercise Plan *
Coronary Artery Disease: Every Step Matters *
Coronary Artery Disease: Getting Back on Track *
Coronary Artery Disease: Making Peace With Medicines *
Coronary Artery Disease: Moving Forward *
Coronary Artery Disease: Women Are at Risk Too *
Coronary Artery Disease: Your Risk for Heart Attack
Counseling for Depression *
Creating a Personal Health Record
Cystic Fibrosis: Caring for Your Child at Home
Cystic Fibrosis: What It Means for You and Your Child
D
Dealing With Asthma Triggers *
Deciding About a Carotid Artery Procedure
Deciding About a Hysterectomy for Abnormal Uterine Bleeding
Deciding About Breast Reconstruction After Mastectomy
Deciding About Coronary Angiogram
Deciding About Herniated Disc Surgery
Deciding About Hip Replacement Surgery *
Deciding About Knee Replacement Surgery *
Deciding About Spinal Stenosis Surgery
Deciding About Taking Blood Pressure Medicine
Deciding About Weight-Loss Surgery
Depression Is Common
Depression Medicine Side Effects
Depression Medicine: Deciding to Quit
Depression Medicines
Depression: Balancing Brain Chemicals
Depression: Cost of Medicine
Depression: How It Affects Your Body
Depression: Mood Check-In to Prevent a Relapse
Depression: Outside Looking In
Depression: Rating Your Mood
Depression: Social Support and Recovery
Depression: Using Your Inner Strengths
Diabetes and Exercise *
Diabetes and Wound Care *
Diabetes and Your Heart *
Diabetes in Children: Eating Healthy at School
Diabetes: A1c Test *
Diabetes: Benefits of Blood Sugar Testing
Diabetes: Daily Foot Care *
Diabetes: Finger-Stick Test *
Diabetes: Food and Your Blood Sugar *
Diabetes: How Others Stay Motivated *
Diabetes: How to Build Your Plate *
Diabetes: Insulin’s Role *
Diabetes: Planning for a Healthy Pregnancy *
Diabetes: Planning Your Next Steps *
Diabetes: Preparing for Pregnancy *
Diabetes: Preparing for Surgery *
Diabetes: Stay in Your Target Range *
Diabetes: Testing Your Blood Sugar *
Diabetes: You Can Slow Kidney Damage *
Dialysis: Caring for Your Vascular Access at Home *
Dialysis: Living Better with Dialysis *
Dialysis: What Is It? *
Dialysis: Your Vascular Access *
Diarrhea: Here’s Help *
Diuretics: Making Them Easier To Take
Drug Addiction: Treatment Options
Drug Withdrawal: What to Expect

E
Ear Infections In Children
Electroconvulsive Therapy (ECT)
Endometrial Ablation
Epidural Anesthesia
Epilepsy: Tips for Keeping Your Child Safe
Ergonomics: Exercises to Do While Sitting
Ergonomics: Setting Up Your Work Area
Feeding Tube for Children
Fever: Here's Help *
Fitness: How Active Should You Be?
Fitness: Increasing Your Core Stability
Five Ingredients for Healthy Eating
Five Tips for Healthy Eating

Gastric Sleeve Surgery
Gastric Sleeve Surgery: Returning Home
General Anesthesia
Gestational Diabetes: Activity
Gestational Diabetes: Avoiding Type 2 Diabetes
Gestational Diabetes: Eating Well *
Gestational Diabetes: Medicines
Gestational Diabetes: Reducing Risk
Gestational Diabetes: Testing Blood Sugar
Gestational Diabetes: What Causes It?
Gestational Diabetes: What Is It?
Getting Active
Getting Help When You Leave The Hospital
Getting Started With Flexibility and Stretching
Getting Treatment Through a PICC or Central Line *
Getting Up Safely After a Fall
Grief: Coping After Stillbirth

Hands-Only CPR
Headaches: Avoiding Triggers
Headaches: Keeping a Diary
Healthy Eating Pays Off
Healthy Eating: Getting Back on Track
Healthy Eating: Resisting Temptation in Social Situations
Healthy Eating: What Will Make It Work for You?
Healthy Weight: Find Your Inspiration *
Healthy Weight: Make Your Plan *
Healthy Weight: What Works
Healthy Weight: When Success Slows Down *
Heart Failure: Being Active *
Heart Failure: Checking Your Weight Daily *
Heart Failure: Daily Symptom Checks *
Heart Failure: How Support Can Help *
Heart Failure: Learn to Recognize Symptoms *
Heart Failure: Limiting Fluids *
Heart Failure: Limiting Sodium *
Heart Failure: Medicines to Avoid *
Heart Failure: Practice Tracking Sodium
Insulin: How to Prepare a Single Dose *
Is It A Heart Attack?

J
Jaundice in Newborns *

K
Kangaroo Care for Your Baby and You
Kidney Transplant: Before Your Surgery
Kidney Transplant: Returning Home *
Knee Arthritis: Nonsurgical Treatments
Knee Arthritis: Treatments
Knee Arthritis: What Can I Expect?
Knee Arthritis: What is Knee Replacement Surgery?
Knee Arthritis: What is Osteoarthritis
Knee Arthroscopy *
Knee Arthroscopy: Recovering at Home
Knee Replacement Surgery *
Knee Replacement Surgery: How Others Decided *
Knee Replacement Surgery: Pros and Cons
Knee Replacement: Learning About Rehab
Knee Replacement: Recovery
Knee Replacement: When Can You Be Active Again?

L
Lack of Sleep *
Laparoscopic Gastric Banding
Laparoscopic Gastric Banding: Returning Home
Laparoscopy
Laparoscopy in Children
Learning About Circumcision
Learning About Risk for Heart Attack and Stroke
Learning About the NICU
Lifestyle Changes to Lower Blood Pressure
Living With Chronic Pain
Long-Acting Bronchodilators for Your Child
Low Back Pain: Keep It From Coming Back *
Low Back Pain: Keep Moving
Low-Dose Aspirin to Prevent a Heart Attack *
Lumpectomy
Lumpectomy: Returning Home
Lymph Node Dissection: Self-Care at Home

M
Make the Most of Your Doctor Visit *
Making Meals With Less Sodium *
Managing a Group Attack
Managing Morning Sickness *
Managing Pain While You’re in The Hospital
Managing Seasonal Allergies
Managing Your Medicines *
Mastectomy
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Measuring Your Exercise Intensity *
Medicine for High Blood Pressure
Medicines for Depression
Meniscus Surgery
Metformin and You: A Winning Strategy
Mindfulness: Breathing Practice

N
Negative Pressure Wound Therapy
Nicotine and the Brain
NICU: Getting Ready to Take Your Baby Home

O
Older Adults: Be Inspired to Get Active
Older Adults: Getting Active After A Health Scare
Older Adults: Making Physical Activity a Routine *
Older Adults: Overcoming Barriers to Fitness
Open-Heart Surgery: Returning Home *
Osteoporosis: After Your Fracture
Overcoming Barriers to Practicing Mindfulness *

P
Pacemaker Placement
Pacemaker Placement: Returning Home
Parent or Smoker: How Does Your Child See You?
Pelvic Exercises for Urinary Incontinence
Plaque, Platelets, and Heart Attack
Pneumococcal Vaccine
Pneumonia: Sell-Care
Poison Ivy, Oak, or Sumac: What to Do First
Positive Thinking
Positive Thinking for Weight Control
Positive Thinking: Susan’s Story
Prediabetes: Healthy Changes You Can Make *
Prediabetes: Which Path Will You Take? *
Pregnancy: Dealing With Back Pain *
Pregnancy: Eating the Right Foods *
Pregnancy: How to Exercise Safely *
Pregnancy: Learning About Doctors and Midwives *
Pregnancy: Signs of Preterm Labor
Pregnancy: Your First Weeks *
Preparing Your Child For A Hospital Stay
Prescription Medicine Misuse: Could You Have a Problem?
Prescription Medicine Misuse: Getting Back on Track
Prescription Medicine Misuse: Setting Goals for Quitting
Prescription Medicine Misuse: Support for Recovery
Prescription Medicine Misuse: Treatment Options
Preventing Blood Clots in Leg Veins
Preventing Coronary Artery Disease *
Preventing Coronary Artery Disease in Women: First Steps *
Preventing Deep Vein Thrombosis (DVT) After Surgery
Preventing Falls in Older Adults
Preventing Falls in the Hospital
Preventing Falls: Get an Eye Exam
Preventing Falls: Leg Lifts
Preventing Falls: Make Your Home Safe
Preventing Falls: Medicine Safety
Preventing Falls: The Four Fall Stoppers
Preventing Falls: Two Good Exercises
Preventing Falls: Use a Home Safety Checklist
Preventing Problems After Surgery
Preventing Sepsis
Proper Lifting to Protect Your Back
Proper Sitting and Lifting for a Healthy Back
Prostatectomy Surgery
Prostatectomy: Returning Home
Protecting Your Skin From The Sun
PTSD: Checking In With Yourself
PTSD: Finding Yourself Again
PTSD: Having a Plan
PTSD: Signs and Symptoms
PTSD: Treatment Options

Q
Quit Smoking: How Medicines Can Help *
Quit Smoking: How to Tell Your Friends
Quit Smoking: Keep Your Social Life *
Quitting Smoking: Dealing With a Slip-Up *
Quitting Smoking: Have Your Own Reason *
Quitting Smoking: It May Take Many Tries
Quitting Smoking: Medicines Increase Success Rates *
Quitting Smoking: Medicines to Help With Cravings *
Quitting Smoking: The Rewards Start Now *

R
Rebound Headaches
Relaxation Exercise: Deep Breathing
Relaxation Exercise: Guided Imagery
RICE: Rest, Ice, Compression, Elevation
Rotator Cuff Surgery
Rotator Cuff Surgery: Returning Home
Roux-En-Y Gastric Bypass
Roux-En-Y Gastric Bypass: Returning Home
Type 2 Diabetes in Children: Five Ways to Help Your Child Eat Healthy Meals

Stroke Prevention: Should You Have a Carotid Artery Procedure?
Stroke Recovery: Finding What Inspires You
Stroke Recovery: Using Support to Stay Positive
Stroke Symptoms
Stroke: Know the Signs and Act FAST
Stroke: Understanding Your Emotions
Stroke: What Is Stroke Rehab?
Stroke: What’s Your Risk? Support

T
Taking Blood Pressure at Home
Taking Blood Pressure Medicine: How Others Decided
Taking Care of a Cast or Splint
Taking Care of Pink Eye at Home
Taking Care of Stitches
Taking Medicine to Stop a Migraine
Taking Statins: How Others Decided
Taking Warfarin Safely
Teaching Your Child to Use an Inhaler With a Spacer
Teaching Your Child to Use an Inhaler Without a Spacer
Teenagers: Feeling Different Because of Asthma
Teens and Healthy Eating: What Gets in Your Way?
Teens: Getting Moving!
Teens: Overweight: You’re in Charge
Tests for Low Back Pain
The Effects of High Blood Pressure
The Pain-Mood Connection
Thyroid Blood Test: Understanding the Test
Thyroid Scan: Understanding the Test Tips for Finding a Therapist
Tracheostomy Surgery
Tracheostomy: Returning Home
Transcatheter Aortic Valve Replacement (TAVR)
Treatment for Depression
Tubal Ligation
Tubal Ligation: Returning Home
Tubes for Ear Infections
Type 2 Diabetes
Type 2 Diabetes in Children: Five Ways to Help Your Child Eat Healthy Meals
Type 2 Diabetes in Children: How You Can Support Your Teen
Type 2 Diabetes in Children: What is it?

U
Upper GI Endoscopy
Upper GI Endoscopy for Children

S
Safe Sleep for Infants
Safe Use of Non-Warfarin Blood Thinners
Safely Storing and Getting Rid of Medicines Saving Money on Medicine
Seated Exercises for Older Adults
See Yourself as a Nonsmoker
Should My Son Be Circumcised?
Shoulder and Arm Exercises After Breast Surgery
Shoulder Replacement Surgery
Shoulder Replacement Surgery: Returning Home
Signs of Labor
Sinusitis
Skin Cancer Prevention: Checking Your Skin
Sleep and Your Health
Sleep Apnea: Having Trouble With CPAP?
Sleep Apnea: How Is It Treated?
Sleep Apnea: How Treatment Can Improve Your Life
Sleep Apnea: Time to Get Checked
Sleep Apnea: Using CPAP
Sleep Apnea: What Is it?
Sleep Importance
Sleep Problems: Getting Past Barriers to Powering Down
Sleep Problems: Make a Plan to Power Down
Sleeping Better
Smoker’s Cough: What Do You Tell Yourself?
Sore Throat: Here’s Help
Spinal Stenosis Surgery: How Others Decided
Spinal Stenosis: Home Treatment and Physical Therapy
Statins Are Important After a Heart Attack
Statins: Overcoming Barriers to Taking Them
Statins: Should You Take Them to Lower Your Risk?
Stories from People Controlling Their Asthma
Stories From People Recovering From Depression
Stories From People With New Depression
Stories From People With Recurring Depression
Stress and Coping: Mindfulness Can Help
Stress Management: Progressive Muscle Relaxation
Stress Management: Relaxing Your Muscles
Stress Management: Roll Breathing
Stress Management: Using Yoga to Relax

V
Vaginal Yeast Infection: Here’s Help
VBAC or C-Section: What Birth Experience Feels Right for You?
VBAC: Choosing a Hospital
VBAC: Safe Labor After a Cesarean
VBAC: Why Alex Chose a Vaginal Birth
VBAC: Why Rachel Chose a Cesarean Birth
Vertigo: Head Movements That Help
Vertigo: The Epley Maneuver
Vision Problems: Aids to Help You Cope
Vision Problems: Making Your Home Safer

W
Warfarin: Why Taking It Is Worth It
Weight and Your Mind
Weight-Loss Surgery: How Others Decided
What Are Opioids?
What Is a Hospital Patient Advocate?
What Is a Sleep Study?
What Is A Stroke?
What is a TIA?
What is a Vitamin K Diet?
What is Atrial Fibrillation?
What Is Chemotherapy?
What Is Clot-Busting (Thrombolytic) Treatment?
What Is Deep Vein Thrombosis (DVT)?
What is Mindfulness?
What Is Radiation Therapy?
What Is Sepsis?
What Platelets Do
Why Are Blood Tests Needed With Some Medicines?
Why Beta-Blockers Are Important After a Heart Attack
Why Children Don’t Need Antibiotics for Colds or Flu
Healthwise® Video Library Topic List

Why Get a Chlamydia Test?
Why Get Screened for Glaucoma? *
Why Get Your Child Immunized? *
Why Get Your Older Child or Teen Immunized
Why You Don’t Need Antibiotics for Bronchitis

Work Closely With Your Doctor *

Your Corticosteroid Inhaler: Making It Easier to Breathe *
Your Hospital Stay: Going Home
Your Hospital Stay: Moving to Another Care Facility

* Videos in Spanish.
Video topic list is subject to change without notice.