Healthwise® Video Library

Topic List

Reach and teach more people with more than 650 videos from the Healthwise Video Library.

#
4 Tips to Encourage Self-Discipline in Kids
4 Tips to Encourage Self-Discipline in Teens
5 Tips to Build Healthy Cell Phone Habits
5 Tips to Help Your Teen Manage Conflict
5 Tips to Teach Kids About Money
5 Ways to Help Your Child Build Resilience
6 Survival Tips for New Parents *
6 Tips to Build Healthy Gaming Habits
6 Tips to Help Your Teen Manage Money
7 Ways to Make Chores Positive
7 Ways to Use Loving Discipline With Toddlers

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 *
Advise 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 *
Back Surgery for Herniated Disc *
Back Surgery for Spinal Stenosis *
Bathing Your Baby *
Beat Your Smoking Triggers *
Before Your Surgery: How to Prepare Benefits of a Pap Test *
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 *
Breastfeeding: Getting Your Baby to Latch *
Bronchoscopy *
Building Resilience *
Bypass Surgery for Coronary Artery Disease *

C
Cancer Treatment: Help for Mouth and Throat Problems *
Cancer Treatment: Help for When You Feel Sick or Lose Your Appetite *
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: Understanding Your Feelings *
Cancer: When You First Find Out *
Cancer: Your Support Network *
Caring for Your Urinary Catheter
Caring for Your Tracheostomy
Caring for Your Stoma and Ostomy Bag
Caring for Your PICC or Central IV Line
Choosing a Health Care Agent
Caring for Yourself After Vaginal Delivery
Caring for Your Newborn: Umbilical Cord
Caring for Your PIvC or Central IV Line
Caring for Your Stoma and Ostomy Bag
Caring for Your Tracheostomy
Caring for Your Urinary Catheter
Caring for Yourself After Cesarean Delivery
Caring for Yourself After Vaginal Delivery
Caring for Yourself While Your Baby Is in the NICU
Carotid Artery Procedure: How Others Decided
Carotid Artery Stenting
Carotid Endarterectomy
Carpal Tunnel Syndrome: A Few Tips for Preventing It
Carpal Tunnel Syndrome: Stretches
Cataract Surgery
Catheter Ablation for Atrial Fibrillation
Catheter Ablation for SVT
Changing Negative Thoughts
Checking Peak Flow
Child CPR
Childhood Leukemia: Understanding Treatment
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
COPD: Keeping Your Quality of Life
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: 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
Dealing With Asthma Triggers
Deciding About a Hysterectomy for Abnormal Uterine Bleeding
Deciding About Breast Reconstruction
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: A1c Test and Making a Plan
Diabetes in Children: 5 Ways to Help Your Child Eat Healthy Meals
Diabetes in Children: Eating Healthy at School
Diabetes in Children: How You Can Support Your Teen
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
Digestive System
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
Dressing Your Baby
Drug Withdrawal: What to Expect
Ear Infections in Children
Echocardiogram for Children
Electroconvulsive Therapy (ECT)
Endometrial Ablation
Epidural Anesthesia
Healthwise® Video Library Topic List

Epilepsy: Tips for Keeping Your Child Safe *
Ergonomics: Exercises to Do While Sitting *
Ergonomics: Setting Up Your Work Area *
Ergonomics: Using Your Computer *
Exercise Electrocardiogram (Stress Test) *
Exercising Safely With Arthritis *

F
Feeding Tube for Children Fever: Here’s Help *
Fitness: How Active Should You Be? *
Fitness: Increasing Your Core Stability *
Fitness: What Will Move You? *
Five Ingredients for Healthy Eating *
Five Tips for Healthy Eating *

G
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 Active When You Leave the Hospital *
Getting Up Safely After a Fall *
Getting Up Safely After a Fall *
Grief: Coping After Stillbirth

H
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 *
Heart Failure: Self-Care *
Heart Failure: Small Steps to Self-Care *
Heart Failure: Support After Your Hospital Stay *
Heart Failure: Taking an ACE inhibitor or ARB *
Heart Failure: Taking Over-the-Counter Medicines Safely *
Heart Failure: Track Your Symptoms *
Heart Failure: When to Act on Your Symptoms *
Heart Failure: When to Call for Help *
Heart Failure: Your Reason to Be Active *
Heart Health: Finding Support for Healthy Changes *
Heart Health: Where Will You Be in 5 Years? *
Heart Valve Replacement Surgery *
Heart-Healthy Diet *
Heat or Ice for Low Back Pain *
Helping Your Child Deal With Asthma *
Helping Your Child Prevent and Manage Seizures
Hemodialysis Access: When Is the Right Time? *
Here’s Help: How to Apply a Topical Cream for Your Child *
Here’s Help: How to Give Your Child Eardrops *
Here’s Help: How to Give Your Child Eyedrops or Eye Ointment *
Here’s Help: How to Give Your Child Oral Medicine *
Here’s Help: How to Give Yourself Eyedrops or Eye Ointment *
Here’s Help: How to Insert Your Child’s Suppository *
Here’s Help: How to Use Nasal Spray or Drops for Your Child *
Here’s Help: Mild Dehydration in Your Baby or Child *
Here’s Help: Mild Head Injury (Bump, Cut, or Scrape) in Children
Here’s Help: Mild Heat Exhaustion in Children
Here’s Help: Mild Sunburn in Children 
Here’s Help: Minor Burn in Children
Here’s Help: When Your Newborn Is Sick
Herniated Disc Surgery: How Others Decided *
High Blood Pressure During Pregnancy
High Blood Pressure: Make the Most of Home Monitoring *
High Blood Pressure: The DASH Diet *
Hip Fracture Surgery *
Hip Repair Surgery: Returning Home *
Hip Replacement Surgery *
Hip Replacement Surgery: How Others Decided *
Hip Replacement Surgery: Returning Home *
Hip Replacement Surgery: Returning Home *
HIV: Understanding the Test *
Home Health Care: What to Expect
Home Treatment for Herniated Disc Pain *
Hormone Therapy for Abnormal Uterine Bleeding *
Hospital Isolation Rooms *
Hot and Cold Therapy for Arthritis *
How a Heart Attack Happens *
How and When to Give Naloxone *
How Others Manage Diabetes *
How Plaque Increases the Risk of a Heart Attack
How Secondhand Smoke Affects Your Child *
How to Call a Crying Baby *
How to Do a Hamstring Stretch While Sitting
How to Do Ankle Pumps
How to Do Calf Stretches While Sitting
How to Do Chair Push-Ups *
How to Do Curl-Ups *
How to Do Glute Sets
How to Do Heel Raises
How to Do Heel Slides
How to Do Quad Sets
How to Do Short-Arc (Terminal) Knee Extensions While Standing
How to Do Stationary Biking for Knee Rehab
How to Do Step-Up and Step-Down Exercises
How to Do Straight-Leg Raises
How to Do the Bird Dog Exercise *
How to Do the Bridging Exercise *
How to Do the Hamstring Stretch in a Doorway *
How to Do the Hip Abduction Exercise
How to Do the Hip Flexor Stretch *
How to Do the Knee Flexion Stretch While Sitting
How to Do the Long-Arc Quad Exercise
How to Do the Passive Knee Stretch
How to Do the Pelvic Tilt Exercise *
How to Do the Press-Up Exercise *
How to Do the Short-Arc Quad Exercise
How to Do the Single Knee-to-Chest Exercise *
How to Do the Single-Leg Balance Exercise
How to Do the Wall Sit Exercise *
How to Drain Blood From Under a Nail *
How to Get Moving While in the Hospital *
How to Give a Glucagon Shot *
How to Give a Heparin Shot *
How to Give a Subcutaneous Injection *
How to Give an Epinephrine Shot to a Child *
How to Give an Intramuscular Injection *
How to Give Yourself an Epinephrine Shot *
How to Help Someone During a Seizure *
How to Help Your Child Prevent a Fall in the Hospital
How to Prevent a Second Heart Attack *
How to Prevent Shaken Baby Syndrome

3 of 6
How to Put on Compression stockings *
How to Stop a Nosebleed *
How to Stop Negative Thoughts *
How to Swaddle Safely
How to Use a Nebulizer With a Mask *
How to Use an Incentive Spirometer *
How to Wear a Sling *
How to Wrap a Sprained Ankle *
How You Can Help Manage Your Child’s Pain in the Hospital
How Your Body Reacts to Stress *
Hysterectomy *
Hysterectomy for Abnormal Uterine Bleeding: How Others Decided *
Hysterectomy: Returning Home *

I
Ileostomy *
In the Hospital: How to Get the Best Care *
In the Hospital: Three Tips for a Healthier Stay *
Infant CPR *
Insect Bites and Stings: Here’s Help *
Insulin: Giving an Injection in the Arm Using a Syringe *
Insulin: How to Prepare a Mixed Dose *
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 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 Blood Tests for Children
Learning About Circumcision
Learning About Risk for Heart Attack and Stroke *
Learning about the NICU *
Learning about Your Blood Test
Learning about Your Child’s Bronchoscopy
Learning about Your Child’s CT Scan
Learning about Your Child’s Laryngoscopy
Learning about Your Child’s MRI Test
Learning about Your Child’s Voiding Cystourethrogram (VCUG) Test
Learning about Your Child’s X-Ray Test
Learning about Your CT Scan
Learning about Your MRI Test
Learning about Your X-Ray Test
Lifestyle Changes to Lower Blood Pressure *
Living With Chronic Pain *
Long-Acting Bronchodilators for Your Child *
Low Back Pain: Keeping 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 Croup Attack *
Managing Morning Sickness *
Managing Pain While You’re in the Hospital *
Managing Seasonal Allergies *
Managing Your Medicines *
Mastectomy *
Mastectomy: Returning Home *
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 *
Opioids for Children
Opioids: Know What’s Safe *
Osteoporosis: After Your Fracture *
Overcoming Barriers to Practicing Mindfulness *

P
Pacemaker Placement *
Pacemaker Placement: Returning Home *
Packing a Wound at Home
Parent or Smoker: How Does Your Child See You? *
Pelvic Exercises for Urinary Incontinence *
Plaque, Platelets, and Heart Attack *
Pneumococcal Vaccine *
Pneumonia: Self-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 *
Premature Baby: Special Care in the NICU *
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 Stopers *
Preventing Falls: Two Good Exercises *
Preventing Falls: Use a Home Safety Checklist *
Preventing Problems After Surgery *
Preventing Sepsis After You Leave the Hospital
Proper Lifting to Protect Your Back *
Proper Sitting and Lifting for a Healthy Back *
Prostatectomy Surgery *
Warfarin: Why Taking It Is Worth It *
Weight and Your Mind *
Weight-Loss Surgery: How Others Decided *
Well-Baby Visits to the Doctor *
What Are Opioids? *
What Difference Could the Flu Shot Make? *
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 *
When You're Not Sleeping Well
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 *
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 Baby’s Pyloric Stenosis Repair: Before Surgery
Your Baby’s Pyloric Stenosis Repair: Returning Home
Your Child’s Cardiac Catheterization for PDA: Before the Procedure
Your Child’s Cardiac Catheterization for PDA: Returning Home
Your Child’s Cochlear Implant: Before Surgery
Your Child’s Cochlear Implant: Returning Home
Your Child’s EP Study and Ablation: Before the Procedure
Your Child’s EP Study and Ablation: Returning Home
Your Child’s Hernia Repair: Before Surgery
Your Child’s Hernia Repair: Returning Home
Your Child’s Orchiopexy: Before Surgery
Your Child’s Orchiopexy: Returning Home
Your Child’s Skin Graft: Before Surgery
Your Child’s Skin Graft: Returning Home
Your Child’s Tonsillectomy: Before Surgery
Your Child’s Tonsillectomy: Returning Home
Your Child’s Wound Debridement: Before Surgery
Your Child’s Wound Debridement: Returning Home
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.