



PLAYLISTS FOR IN-DEPTH LEARNING



Understanding
Heart Attack



Understanding
Heart Disease
(CAD)



Understanding
Heart Failure



Understanding
Peripheral Artery
Disease (PAD)



Understanding
Type 1 and Type 2
Diabetes



Cardiac Tests

VIDEOS FOR LEARNING ABOUT SPECIFIC TOPICS



Exercise & Heart
Health



Healthy Eating &
Your Heart



Heart Failure &
Importance of Diet



Stress & Heart
Health



Heart Attack &
Heart Failure



Why is Cardiac
Rehab Important?



VIDEOS (cont.) FOR LEARNING ABOUT SPECIFIC TOPICS



Nutrition & Heart
Disease



Obstructive Sleep
Apnea



Sleep Apnea
Treatments



Benefits and Side
Effects of Statins

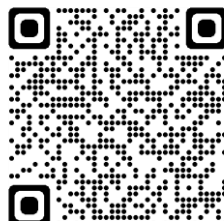


Microvascular
Complications



Effects of Smoking

TOOLS TO LEARN MORE ABOUT YOUR HEALTH & POTENTIAL RISKS



6 Minute Walk
Test



Afib Risk
Calculator



BMI Calculator



Diabetes Risk
Calculator



Heart Disease
Risk Calculator