



PLAYLISTS FOR IN-DEPTH LEARNING ABOUT CONDITIONS & TREATMENTS



Understanding
Heart Disease
(CAD)



Understanding
High Cholesterol



Understanding
Hypertension



Understanding
Type 2 Diabetes



Nutrition for
Medical
Conditions



Spanish
Language
Content

VIDEOS FOR LEARNING ABOUT SPECIFIC TOPICS



Causes of Leg &
Lung Clots



Chest Pain:
Causes & Tests



Benefits and Side
Effects of Statins



What are
Arrhythmias?



What is Atrial
Fibrillation?



Obstructive Sleep
Apnea



VIDEOS (cont.) FOR LEARNING ABOUT SPECIFIC TOPICS



CPR in 60
Seconds



Common Weight
Loss Diets



Exercise and
Heart Health



Understanding
Prediabetes &
Implications



Continuous
Glucose
Monitoring Basics



Tests to Monitor
Diabetes

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