



## Health and Wellness Video List

updated 04.27.18

### Alternative | Integrated Health

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- A2M Injections (3:58)
- Bioidentical Hormones - OB-GYN Dr. Christian Northrup (5:07)
- Meditation Benefits (:38)
- Nutritional IV Therapy (1:31)

### Children's Oral Health

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- "Brush Your Teeth," Songs About Behaviors by StoryBots (1:24)
- Bike Lesson (:30)
- Cooking Lesson (:30)
- Dental Health PSA (Animation) (:45)
- Dressing Lesson (:30)
- Gerbils on a Train (:30)
- Kids Healthy Teeth Dentist Adventure (7:42)
- Manners (:30)
- Pediatric Dentist Cartoon Video (3:26)
- Sesame Street: Healthy Teeth, Healthy Me: Brushy Brush PSA (1:30)
- What causes bad breath? (4:14)
- What causes cavities? (5:00)

### Diabetes Information

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- Ask Questions (6:52)
- Asking Questions Empowers Patients (2:47)
- Bacon Lovers (:30)
- Busy Mom (:30)
- Caring for a Loved One (1:00)
- Considering Other Choices (1:00)
- Diabetes Travel Tips (4:02)
- Getting Ready for Your Diabetes Care Visit (2:40)
- Healthy Eating at Family Gatherings and Special Events (2:42)
- Healthy Eating with Diabetes (4:39)
- High Blood Pressure and Your Kidneys (1:06)
- Living With Diabetes: Finding the Support You Need (3:32)
- Managing Type 2 Diabetes: Sorcy's Story (2:57)
- Multiple Chronic Conditions: A Day in the Life (1:58)
- Newly Diagnosed (:59)
- Partnering With Your Diabetes Care Team (6:07)
- Physical Activity Practical Tips and Action Steps (3:09)
- Preventing Type 2 Diabetes (4:56)
- Preventing Type 2 Diabetes: Maintaining a Healthy Weight (3:47)
- Setting Goals to Improve Your Health (3:31)
- Staying Healthy On-the-Go with Diabetes (2:11)

- The Lasting Impact of Gestational Diabetes (3:56)
- Your Kidneys and You (2:26)

## **Diet & Fitness Information**

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- 10 High-Protein Healthy Snacks (:51)
- Boost Your Mood Naturally With These Foods (1:05)
- Cancer Prevention Tips (:31)
- Decoding Food Labels (2:27)
- Healthy Food on a Budget (2:14)
- Healthy Swaps for Recipes and Meals (2:14)
- Healthy for Good (:30)
- How Healthy Are You Really? (1:18)
- Increase Your Physical Activity (3:25)
- Life's Simple 7 (:32)
- Sneaky Salt, brought to you by the American Heart Association (1:06)
- The Importance of a Good Night's Sleep (:44)
- Tips for Reducing Your Sugar Consumption (1:06)
- Where do we get most of our sodium? (1:37)

## **GI and Colon Health**

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- Beat the "Burn" This Holiday Season (2:05)
- Colorectal Cancer Screening - Community Garden (1:00)
- Gut Check: Know your Medicine (2:14)
- Screening Options for Colorectal Cancer (1:20)
- Tips to Manage Holiday Heartburn (1:09)
- Why Screen for Colorectal Cancer? (2:05)

## **Heart Health**

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- 130 Is Too High For Blood Pressure (:45)
- Always Ask Questions (2:42)
- Aspirin Answers (:52)
- Break-up (:15)
- CPR - Hands-Only CPR Instructional Video (1:09)
- CPR - Heckling Fan Hands (1:08)
- CPR - Ken Jeong shows Hands-Only CPR (1:50)
- CPR - Learn Hands-Only CPR (1:31)
- CPR - Mama Knows Best (1:30)
- Family Is Why - Moms
- High Blood Pressure 140 (:53)
- Kenneth's Check. Change. Control. Testimonial (:60)
- Life's Simple Seven - Danny Klein's Story (1:38)
- Lower Blood Pressure - Documentary About Check. Change. Control (18:35)
- Resignation (:15)
- Rise Above Heart Failure - Get the Facts (1:53)
- Rising Above Heart Failure - A Daughter's Love feat. Queen Latifah and her mother, Rita (3:23)
- STROKE - Body Language / Wedding (:30)
- STROKE - Know the signs of a stroke (:30)



- STROKE - Spot a stroke F.A.S.T. (:30)
- Valve Regurgitation: When a Heart Valve Leaks (:52)
- Valve Stenosis: When a Heart Valve is Too Tight (1:02)
- What is a Heart Murmur and How Does it Relate to Valve Problems (:52)
- Where do we get most of our sodium? (1:37)
- Womens Heart Disease: Ceiling Crasher (:60)

## Lung Health

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- 5 Things to Know About TB (1:21)
- COPD - Belly Breathing (2:05)
- COPD - How to Clean a Nebulizer (2:01)
- COPD - Pursed Lip Breathing (2:26)
- Lung Cancer Screening (1:13)
- SMOKING - How to Create a Quit Smoking Plan (2:02)
- SMOKING - Three-Link Chain of Nicotine Addiction (1:41)
- SMOKING - Why It's Hard to Quit Smoking (1:07)
- What is Asthma? (2:12)

## Mental & Behavioral Health

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- 10 ways to be a happier person (1:14)
- 6 Things You Need To Get Right About Depression (3:59)
- Bipolar Disorder Is Like Having Two Serious Illnesses at Once (3:52)
- Black Mental Health Isn't the Same as White Mental Health (5:44)
- Debunking 5 Mental Health Myths (:51)
- For LGBT People, Discrimination Still Brings Mental Health Challenges (3:43)
- How Not to be a Slave to Your Brain: Mindfulness for Mental Health (4:38)
- How to Feel Better about the Shorter Days during Winter (1:00)
- How to Stress Less in 7 Steps (:39)
- It's a Small, Small World: PTSD as Self-Imprisonment (6:53)
- LGBTQ : Best Day Ever (9:53)
- NAMI - 10 Common Warning Signs of a Mental Health Condition (1:49)
- NAMI - Facing Addiction
- NAMI - It's Time (:47)
- NAMI - StigmaFree Company (1:40)
- NAMI - Tell Me About Bipolar Disorder (1:01)
- NAMI - Tell Me About Schizophrenia (1:09)
- NAMI - Theo's Talk (10:32)
- NAMI - What is Depression? (1:08)
- NAMI - You are not alone
- Relaxation Guide (5:35)
- The Suicide Rate is Going Up. Here's What We Can Do to Stop it. (3:40)
- Ways You Can Better Your Self-Esteem (1:16)
- What Is Cognitive Behavioral Therapy For Anxiety? (3:00)
- You're Wired for Anxiety. And You're Wired to Handle It (6:06)
- You've Heard of OCD, But Do You Really Understand It? (5:14)



## Orthopedic Information

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- About Casts (3:38)
- Achilles Tendon Rupture (Tear) (2:37)
- Arthritis Pain Reliever (4:17)
- Before and After Total Joint Replacement (3:02)
- Dislocation After Total Hip Replacement (2:08)
- Exercise and Arthritis (3:26)
- Fracture Healing (2:12)
- Hyaluronic Acid and Osteoarthritis of the Knee (3:57)
- Let's Get a Grip on Arthritis (1:07)
- Meniscus Tears (5:09)
- Preventing Blood Clots After Orthopaedic Surgery (2:22)
- Preventing and Relieving Back Pain (2:50)
- Treatment Options for Low Back Pain (2:22)
- Wipe Out Gout (1:21)

## Pain Management

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- A Car With Four Flat Tires (2:02)
- Access To Care: Opioid Crisis (6:20)
- Additional Therapies to Help Manage Pain (2:20)
- Is There Life With Pain? (2:40)
- OPIOID ABUSE PSA - Ms. Generous (:30)
- OPIOID ABUSE PSA - Short Clip from the Documentary - Cynthia (2:16)
- OPIOID ABUSE PSA - Girls Night Out (:30)
- OPIOID ABUSE PSA - Short Clip from the Documentary - Mariann (2:07)
- OPIOID ABUSE PSA - Short Clip from the documentary - Derek (1:22)
- OPIOID ABUSE PSA - The Collector (:30)
- Opioid Induced Constipation (7:39)
- Pain Medication Safety (2:10)
- Taking Care - The Role of your Pharmacist (7:22)
- The Impact of Pain (10:23)
- Using NSAIDs Safely & Effectively (3:00)
- Ways to Manage Chronic Pain (2:21)
- What is Chronic Pain? (1:56)

## Pediatric Health

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- Asthma in Children: Working Together to Get it Under Control (1:07)
- Autism Awareness - Jamie McMurray - 1 in 68 (:30)
- Autism Awareness - Times Have Changed - 1 in 68 (:30)
- Autism Awareness - Tommy Hilfiger - 1 in 68 (:60)
- Autism Awareness - Truck (:15)
- Autism Speaks (1:00)
- Concussions (:44)
- Cover Your Coughs and Sneezes - Penguin (:19)
- Football Safety Tips (1:09)
- Giving Liquid Medicine Safely (2:42)



- ❑ Holiday Party Safety Tips for Parents (1:11)
- ❑ Kids and High Blood Pressure (:36)
- ❑ Kids and Sugar Recommendations (1:19)
- ❑ Physical Activity - Teeter Totter (1:00)
- ❑ Safe Sleep for Babies (1:08)
- ❑ Vaccinations: A Key Piece of the Puzzle(1:01)
- ❑ Vaccines: Helping to Maintain Health and Wellness for your Family (:30)

## **Safety | Prevention Campaigns**

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- ❑ Earthquake Preparedness - When The Earth Shakes (1:40)
- ❑ Food Safety Education - Cook (:30)
- ❑ Food Safety Education - Funky Chicken (:30)
- ❑ Food Safety Education - Mosh (:30)
- ❑ Food Safety Education - Separate (:30)
- ❑ Hurricane Preparedness - A to Z Overview (2:22)
- ❑ Hurricane Preparedness - Storm Surge (1:27)
- ❑ Hurricane Preparedness - When the Storm Comes (1:30)
- ❑ Hurricane Preparedness - When the Waves Swell (1:30)
- ❑ Severe Weather - for kids (7:22)
- ❑ Sexual violence prevention (1:31)
- ❑ Texting - Digital Deadwalkers (1:00)
- ❑ Texting - Not Safe For Anyone (:30)
- ❑ Texting - Penguins and Texting (:30)
- ❑ Texting - The Cost of Distracted Driving (:31)
- ❑ Texting - The Story of Todd (:30)
- ❑ The Trouble with Tiny Turtles (1:53)
- ❑ Where to Go in a Radiation Emergency (1:36)

## **Senior Health**

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- ❑ 7 Tips for a Healthy Bladder (4:28)
- ❑ Born 1945-1965? Get tested for hepatitis C (1:00)
- ❑ Chronic Care Management (CCM) Services - Connecting the Dots (:30)
- ❑ Chronic Care Management Program - an overview (1:25)
- ❑ Colorectal Cancer Early Detection (:30)
- ❑ Common Bladder Problems in Older Adults (2:07)
- ❑ How Aging Affects the Bladder (1:30)
- ❑ Immunizations for Adults 50 and Older (2:31)
- ❑ New Medicare Cards are coming! (1:08)
- ❑ Recommended Health Screenings for Men 50+ (4:33)
- ❑ Recommended Health Screenings for Women 50+ (5:43)
- ❑ Seeking Care for Your Bladder Problem (2:52)
- ❑ What Are Advance Directives? (2:55)
- ❑ Where to Go in a Radiation Emergency (1:36)

## **Women's Health**

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- ❑ 7 Habits of Women with Fast Metabolism Rates (:59)



- Foods to Help Balance Your Hormones (1:06)
- Signs Your Metabolism is Slow (1:04)
- Signs You're Ovulating (1:04)
- Ways to Decrease Your Breast Cancer Risk (1:13)i

