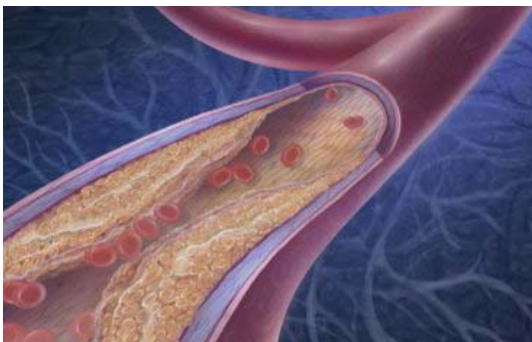


healthclips[®]

FOR THE WAITING ROOM

Unique Patient Education DVDs Designed for the Waiting Room

Wellness and Disease Prevention, Heart Disease, and Diabetes



Produced and Distributed by

 **MILNER FENWICK**
Education for Better Health

Turn Patient Waiting Time into an Engaging, Learning Experience

Waiting rooms are a large part of a patient's healthcare experience. Transform that wait into a positive learning time for patients and their families with our new waiting room DVDs. Choose from four editions—two volumes of Wellness and Disease Prevention, Heart Disease and Risk Factor Reduction, and Diabetes. They include more than 30 clips that are interspersed with health tips and facts. Each clip is short, averaging 3 minutes in length.

Non-sponsored, high quality programming

Unlike many other waiting room programs, these DVDs contain patient-centered educational content only—no product endorsements, commercials, or advertising of any kind. Nor do they include “talking heads” of healthcare professionals. HealthClips for the Waiting Room DVDs are the same high-quality as other award-winning Milner-Fenwick videos. They feature attractive graphics, animation and real people with whom your patients will identify.

Benefits staff and patients alike

The DVDs play continuously and automatically repeat. They require no attention from staff. Patients learn basic self-care information they may not have known. And, watching these clips while they wait may trigger important questions or shared health information they may not have mentioned otherwise. Preview the DVDs and see the content and the many benefits for yourself. Call (800) 432-8433 or view a sample at www.milner-fenwick.com/products/waitingroom.asp



4 continuous-play DVDs with over 30 video clips

AVAILABLE EDITIONS:

JUST RELEASED
Wellness and Disease Prevention Edition, Volume Two

JUST RELEASED
Diabetes Edition

OTHER RECENT RELEASES
Heart Disease and Risk Factor Reduction Edition

Wellness and Disease Prevention Edition, Volume One



Wellness and Disease Prevention Edition, Volume 1



Wellness and Disease Prevention Edition, Volume 2

- What is Type 2 Diabetes? 3:27
- Learning about Heart Disease Risk Factors 3:15
- What is Metabolic Syndrome? 3:22
- What is Stress? 2:56
- Health Tip One
- Understanding High Blood Cholesterol 1:51
- Identifying Your Reasons to Quit Smoking 3:06
- Understanding Pre-Diabetes 2:40
- What is Asthma? 2:46
- Health Tip Two
- Lifestyle Changes Take Time 1:37
- Understanding Coronary Artery Disease 3:29
- Signs and Symptoms of a Heart Attack 4:00
- Health Tip Three
- Quitting Smoking for Your Heart 3:35
- Choosing a Method to Quit Smoking 1:39
- Is Stress Hurting Your Health 3:34
- Understanding High Blood Pressure 1:52
- Health Tip Four
- Treating Asthma 2:25
- Treating Type 2 Diabetes 3:30
- Managing Portion Sizes: Meals and Snacks 4:14
- Health Tip Five
- The Benefits of Regular Exercise 2:07
- The Challenges of Healthy Eating 1:39
- Long-Term Complications of Diabetes 2:56
- Buying Healthful Foods 2:14
- Health Tip Six
- What is an Asthma Trigger? 2:11
- Managing Portion Sizes While Dining Out 2:36
- Setting Goals for Healthy Lifestyle Changes 4:26
- Health Tip Seven
- Eating Healthy at Parties 3:37
- Small Steps to Healthy Eating Habits 3:37
- Identifying Obstacles to Healthy Lifestyle Changes 2:12
- Health Tip Eight
- Choosing a Variety of Foods 4:08
- Overcoming Your Obstacles to Exercise 2:32
- Why Diets Don't Work 2:19
- Health Tip Nine
- Eating Well Even at Fast Food Restaurants 4:27
- The Difference Between Activity and Exercise 3:46
- Reading the Food Label 3:17
- Health Tip Ten

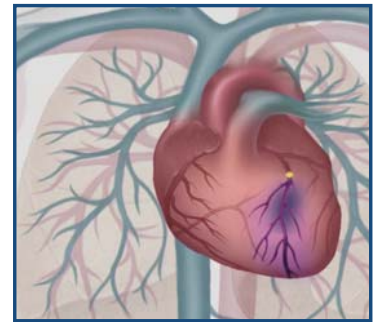
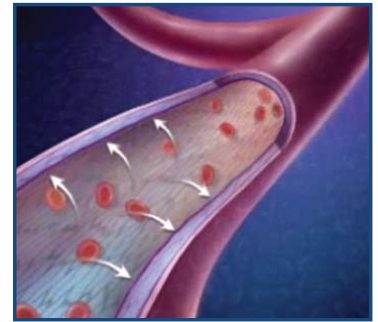
Item number WR-01

Total running time 1 hr. 47 min.

- Getting Ready to Make a Lifestyle Change 2:51
- Healthful Ways to Prepare Food 3:39
- Controlling Your High Blood Pressure 4:39
- Health Tip One
- What is an Advanced Directive? 3:17
- What is COPD? 2:51
- Setting Your Quit Smoking Date 1:22
- Obstacles to Healthy Eating 1:58
- Health Tip Two
- Understanding Cholesterol Levels 2:54
- MyPlate: Increasing Your Physical Activity 3:00
- What is Depression? 4:39
- What is Pre-Diabetes? 2:39
- Health Tip Three
- The Smoking Risk Factor for Heart Disease 1:46
- MyPlate: Protein 2:03
- Diabetes: Are You at Risk? 2:28
- What is a Heart Attack? 2:22
- Health Tip Four
- MyPlate: Grains 2:12
- Restaurants: Making Healthy Choices 3:06
- What is an Ischemic Stroke? 3:27
- Healthy Eating: Fats and Carbohydrates 2:34
- Health Tip Five
- Healthy Choices to Relieve Stress 3:34
- MyPlate: Fruits and Vegetables 3:04
- The Weight and Diabetes Risk Factors for Heart Disease 2:42
- Understanding MyPlate 3:15
- Health Tip Six
- What is Pain? 2:52
- Understanding Pneumonia 3:34
- What to Eat When you Want to Lose Weight 2:20
- Health Tip Seven
- What is a Living Will? 2:59
- Weight Management: Controlling Portion Sizes 2:47
- High Blood Pressure and the DASH Diet 1:36
- Health Tip Eight
- Female Risk Factor for Developing Heart Disease 4:09
- Why Are We Overweight? 3:29
- Mindful Eating 3:36
- Health Tip Nine
- What is a TIA? 3:49
- Discovering Your Smoking Triggers 1:52
- Pre-Diabetes: Getting Active 3:31
- Health Tip Ten

Item number WR-04

Total running time 1 hr. 52 min. 36 sec.



See back for
details on
Diabetes and
Heart Disease
Editions



For a FREE PREVIEW of complete DVDs call (800) 432-8433

View samples online at www.milner-fenwick.com/products/waitingroom.asp



NEW! Diabetes Edition

- Understanding Pre-Diabetes 3:37
- What is Type 2 Diabetes? 3:27
- The Need for Blood Glucose Monitoring and Record Keeping 3:45
- Health Tip One
- Your Management Plan 2:55
- A1C Value and Long-Term Complications 2:49
- Dealing with Your Diagnosis 3:53
- Taking Your Oral Medications 2:13
- Health Tip Two
- How Insulin Works 2:12
- Is Your Plan for Treating Your Diabetes Working ... 3:15
- Understanding Hypoglycemia (Low Blood Glucose)..... 2:18
- Health Tip Three
- How Oral Medications Work 3:13
- Accomplishing Short-Term Goals 2:52
- Health Tip Four
- Using and Storing Insulin 2:47
- How to Check Your Blood Glucose 3:37
- Coping with Stress 3:44
- The Importance of Healthy Eating 2:48
- Health Tip Five
- The Value of Exercise When You Have Diabetes 2:43
- The Long-Term Complications of Large Blood Vessel Disease 4:52
- Fill Your Shopping Cart with Fruits and Vegetables 4:33
- Making Healthy Choices at Fast Food Restaurants..... 3:54
- Health Tip Six
- Managing Portion Sizes 3:22
- Choosing Carbohydrates Wisely..... 3:34
- Diabetes Management: Creating Your Exercise Routine 4:57
- Health Tip Seven
- How Illness Affects Blood Glucose Management... 3:34
- Reading the Food Label for Healthier Choices..... 3:18
- Long-Term Complications: Nerve Disease 2:40
- Health Tip Eight
- The Importance of Annual Medical Exams 3:00
- Understanding the Need for Skin and Foot Care 2:40
- Health Tip Nine
- Understanding Gestational Diabetes..... 4:22
- The Need to Quit Smoking 2:56
- The Importance of Examing Your Feet 3:34
- Health Tip Ten

Item number WR-03
Total running time 1 hr. 51 min. 11 sec.

Heart Disease and Risk Factor Reduction Edition

- What is a Heart Attack? 2:30
- The Benefits of Regular Exercise 2:14
- Quitting Smoking for a Healthier Heart 3:43
- Health Tip One
- Understanding Coronary Artery Disease 3:33
- Eating Healthy for a Healthy Heart..... 4:32
- Stress and Heart Disease..... 4:24
- The Benefits of Cardiac Rehabilitation..... 3:22
- Health Tip Two
- Signs and Symptoms of a Heart Attack..... 4:08
- Lifestyle Changes Take Time 1:43
- Health Tip Three
- Understanding Heart Failure 1:55
- Obstacles to Healthy Eating 2:05
- Controlling Your Blood Pressure While You Have Heart Disease 3:32
- Health Tip Four
- Think It's a Heart Attack? Get Help Immediately ... 3:08
- Managing Portion Sizes While Dining Out 2:45
- Health Tip Five
- What is Angina Pectoris? 2:54
- Exercise and Heart Disease..... 4:13
- Choosing a Method to Quit Smoking..... 1:39
- Weight Management: Changing Our Eating Habits.. 3:19
- Health Tip Six
- Managing Diabetes and Heart Disease 2:14
- Signs and Symptoms of Depression 4:55
- Exercise Safety Tips 2:55
- Health Tip Seven
- Is Stress Hurting Your Health? 3:41
- Signs and Symptoms of Heart Failure 2:10
- The Female Risk Factor for Developing Heart Disease 4:17
- Healthy Ways to Prepare Food 3:50
- Health Tip Eight
- Understanding Pre-Diabetes 2:50
- Reducing Calories, Salt, and Alcohol 2:04
- Your Exercise Prescription for Cardiac Rehabilitation .. 5:15
- Angina and Other Symptoms of Heart Disease 2:41
- Reducing Heart Disease by Lowering Your Cholesterol..... 4:15
- Health Tip Nine
- Reading the Food Label..... 3:26
- The Role of Stent in Angioplasty..... 2:15
- Reducing Sodium When Living with Heart Failure... 4:09
- Health Tip Ten

Item number WR-02
Total running time 1 hr. 50 min.

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View samples online at www.milner-fenwick.com/products/waitingroom.asp

Custom Waiting Room DVDs

We can create a custom DVD for your facility, whether it is a large organization or a small specialty-specific practice. Replace our health facts and tips with yours, insert your logo, or add your contact information. Tell us your needs and let us give you a quote.