

Presentado por

Efectivo a partir del 27 de septiembre 2021 al 26 de diciembre 2021

Hora del Día <i>Time of Day</i>			Lun/Mie/Vie/Dom <i>Mon/Wed/Fri/Sun</i>	Mar/Jue/Sab <i>Tue/Thu/Sat</i>
6:00 AM	2:00 PM	10:00 PM	Viviendo con Cáncer <i>Living with Cancer</i>	Cáncer y Nutrición <i>Cancer and Nutrition</i>
6:30 AM	2:30 PM	10:30 PM	Envejeciendo Sanamente <i>Healthy Aging</i>	Voluntad Anticipada <i>Advance Directives</i>
7:00 AM	3:00 PM	11:00 PM	Estrés y su Salud <i>Stress &amp; Your Health</i>	Viviendo con Ansiedad y Depresión <i>Living with Anxiety &amp; Depression</i>
7:30 AM	3:30 PM	11:30 PM	Alimentación Sana <i>Healthy Eating</i>	Cambios Sanos de Estilo de Vida <i>Healthy Lifestyle Changes</i>
8:00 AM	4:00 PM	12:00 AM	Viviendo bien con EPOC <i>Living Well With COPD</i>	Prevención: Neumonía y Flu <i>Preventing Pneumonia and Flu</i>
8:30 AM	4:30 PM	12:30 AM	Manejo de la Insuficiencia Cardíaca <i>Managing Heart Failure</i>	Manejo de la Insuficiencia Cardíaca <i>Managing Heart Failure</i>
9:00 AM	5:00 PM	1:00 AM	Manejo de su Diabetes* <i>Managing Your Diabetes</i>	Manejo de su Diabetes* <i>Managing Your Diabetes</i>
9:30 AM	5:30 PM	1:30 AM	Experiencia Reemplazo de Articulación <i>Your Joint Replacement Journey</i>	Reemplazo de Articulación: Recuperación <i>Joint Replacement: At Home Recovery</i>
10:00 AM	6:00 PM	2:00 AM	Tomando Medicamentos de Forma Segura <i>Taking Medications Safely</i>	Manejo del Dolor <i>Pain Management</i>
10:30 AM	6:30 PM	2:30 AM	Dejar de fumar y el tabaco <i>Quit Smoking and Tobacco</i>	Dejar de fumar y el tabaco <i>Quit Smoking and Tobacco</i>
11:00 AM	7:00 PM	3:00 AM	Recuperación: Ataque Cerebral <i>Stroke Recovery</i>	Su cuidado después de un derrame cerebral <i>Your Care After a Stroke</i>
11:30 AM	7:30 PM	3:30 AM	Ataque Cardíaco: Factores de Riesgo <i>Heart Attack: Managing Risk Factors</i>	Insuficiencia Cardíaca: El Alta y como evitar el Reingreso <i>Heart Failure: Going (and Staying) Home</i>
12:00 PM	8:00 PM	4:00 AM	Esenciales y Seguridad del Paciente <i>Patient Essentials &amp; Safety</i>	Prevención: Infecciones <i>Infection Prevention</i>
12:30 PM	8:30 PM	4:30 AM	Lo Básico de la Diabetes <i>Diabetes Basics</i>	Diabetes y Nutrición <i>Diabetes And Nutrition</i>
1:00 PM	9:00 PM	5:00 AM	Prevención: Enfermedades Cardíacas <i>Preventing Heart Disease</i>	Prevención: Enfermedades Cardíacas <i>Preventing Heart Disease</i>
1:30 PM	9:30 PM	5:30 AM	Su Cirugía <i>Your Surgery</i>	Prevención: Coágulos de Sangre <i>Preventing Blood Clots</i>

Los programas con el símbolo fueron revisados por el comité médico y científico de la American Heart Association. Los programas con asterisco (\*) han sido revisados favorablemente por la American Association of Diabetes Educators. The Wellness Network trabaja con estas organizaciones para mejorar la salud, por medio del apoyo de la educación pública, a través de programación enfocada en el paciente. Estas organizaciones son una fuente de información sobre la salud y evaluación médica. Su participación no constituye un aval, implícito o no, de este canal o de sus anunciantes.

Para acceso, visite:

código de acceso:

Seleccione Español en la parte superior.

Envíe "HEALTH" por texto al 411-247, llene la encuesta y ¡Quizá GANE!  
Sólo participantes calificados.  
*Encuesta disponible solo en Inglés.*



FOR PEOPLE WITH HEART FAILURE TAKING ENTRESTO:

**A HEALTHIER HEART MAY LEAD  
TO A WORLD OF POSSIBILITIES**

# Where can a healthier heart lead you?

ENTRESTO® treats adults with long-lasting (chronic) Heart Failure and works better when the heart cannot pump a normal amount of blood to the body. In a study where the patients' hearts were stretched and weak, ENTRESTO was proven superior at helping people stay alive and out of the hospital vs enalapril.

Ask your doctor about ENTRESTO.



## What is ENTRESTO?

ENTRESTO is a prescription medicine used to treat adults with long-lasting (chronic) heart failure to help reduce the risk of death and hospitalization. ENTRESTO works better when the heart cannot pump a normal amount of blood to the body.

## IMPORTANT SAFETY INFORMATION

### What is the most important information I should know about ENTRESTO?

ENTRESTO can harm or cause death to your unborn baby. Talk to your doctor about other ways to treat heart failure if you plan to become pregnant. If you get pregnant during treatment with ENTRESTO, tell your doctor right away.

### Do not take ENTRESTO if you:

- are allergic to any of the ingredients in ENTRESTO
- have had an allergic reaction including swelling of your face, lips, tongue, throat (angioedema) or trouble breathing while taking a type of medicine called an angiotensin-converting enzyme (ACE) inhibitor or angiotensin II receptor blocker (ARB)
- take an ACE inhibitor medicine. Do not take ENTRESTO for at least 36 hours before or after you take an ACE inhibitor medicine. Talk with your doctor or pharmacist before taking ENTRESTO if you are not sure if you take an ACE inhibitor medicine
- have diabetes and take a medicine that contains aliskiren

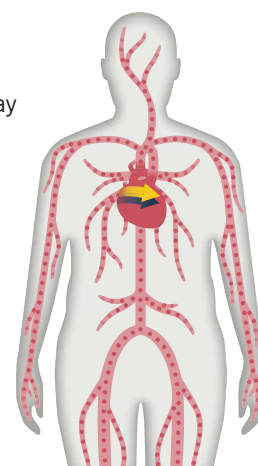
### Before taking ENTRESTO tell your doctor about all of your medical conditions, including if you:

- have a history of hereditary angioedema
- have kidney or liver problems
- are pregnant or plan to become pregnant; are breastfeeding or plan to breastfeed. You should either take ENTRESTO or breastfeed. You should not do both

Tell your doctor about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Especially tell your doctor if you take potassium supplements or a salt substitute; nonsteroidal anti-inflammatory drugs (NSAIDs); lithium; or other medicines for high blood pressure or heart problems such as an ACE inhibitor, ARB, or aliskiren.

Heart Failure can change the structure of your heart so it may not work as well.

**ENTRESTO helps improve your heart's ability to pump blood to the body.**



Learn how your co-pay can be as little as \$10 a month\* at [ENTRESTO.COM](http://ENTRESTO.COM) or call **1-888-ENTRESTO (1-888-368-7378)**.

\*For eligible commercially insured patients.

Offer not valid under Medicare, Medicaid, or any other federal or state program. See full Terms and Conditions at [ENTRESTO.COM](http://ENTRESTO.COM)

## What are the possible side effects of ENTRESTO?

ENTRESTO may cause serious side effects including:

- **Swelling of your face, lips, tongue and throat (angioedema) that may cause trouble breathing and death.** Get emergency medical help right away if you have symptoms of angioedema or trouble breathing. Do not take ENTRESTO again if you have had angioedema while taking ENTRESTO
- People who are Black or who have had angioedema and take ENTRESTO may have a higher risk of having angioedema
- **low blood pressure (hypotension)**, which may be more common if you take water pills. Call your doctor if you become dizzy or lightheaded, or you develop extreme fatigue
- **kidney problems**
- **increased amount of potassium in your blood (hyperkalemia)**

The most common side effects were low blood pressure, high potassium, cough, dizziness, and kidney problems.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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Please see Important Facts About ENTRESTO on next page.

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 [YouTube.com/LivingWithHF](https://YouTube.com/LivingWithHF)



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## IMPORTANT FACTS ABOUT ENTRESTO®

### What is the most important information I should know about ENTRESTO?

ENTRESTO can harm or cause death to your unborn baby. Talk to your doctor about other ways to treat heart failure if you plan to become pregnant. If you get pregnant during treatment with ENTRESTO, tell your doctor right away.

### WHAT IS ENTRESTO?

ENTRESTO is a prescription medicine used to treat adults with long-lasting (chronic) heart failure to help reduce the risk of death and hospitalization. ENTRESTO works better when the heart cannot pump a normal amount of blood to the body. It is also used to treat certain children 1 year of age and older who have symptomatic heart failure.

It is not known if ENTRESTO is safe and effective in children under 1 year of age.

### Do not take ENTRESTO if you:

- are allergic to any of the ingredients in ENTRESTO. See the end of this Patient Information leaflet for a complete list of ingredients in ENTRESTO.
- have had an allergic reaction including swelling of your face, lips, tongue, throat, or trouble breathing while taking a type of medicine called an angiotensin-converting enzyme (ACE) inhibitor or angiotensin II receptor blocker (ARB).
- take an ACE inhibitor medicine. **Do not take ENTRESTO for at least 36 hours before or after you take an ACE inhibitor medicine.** Talk with your doctor or pharmacist before taking ENTRESTO if you are not sure if you take an ACE inhibitor medicine.
- have diabetes and take a medicine that contains aliskiren.

### Before you take ENTRESTO, tell your doctor about all of your medical conditions, including if you:

- have a history of hereditary angioedema
- have kidney or liver problems
- are pregnant or plan to become pregnant. See “**What is the most important information I should know about ENTRESTO?**”
- are breastfeeding or plan to breastfeed. It is not known if ENTRESTO passes into your breast milk. You and your doctor should decide if you will take ENTRESTO or breastfeed. You should not do both.

**Tell your doctor about all the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Using ENTRESTO with certain other medicines may affect each other. Using ENTRESTO with other medicines can cause serious side effects. Especially tell your doctor if you take: potassium supplements or a salt substitute; nonsteroidal anti-inflammatory drugs (NSAIDs); lithium; other medicines for high blood pressure or heart problems such as an ACE inhibitor, ARB, or aliskiren. Keep a list of your medicines to show your doctor and pharmacist when you get a new medicine.

### What are the possible side effects of ENTRESTO?

#### ENTRESTO may cause serious side effects including:

- See “**What is the most important information I should know about ENTRESTO?**”
- **Serious allergic reactions causing swelling of your face, lips, tongue, and throat (angioedema) that may cause trouble breathing and death.** Get emergency medical help right away if you have symptoms of angioedema or trouble breathing. Do not take ENTRESTO again if you have had angioedema during treatment with ENTRESTO.
- People who are Black and take ENTRESTO may have a higher risk of having angioedema than people who are not Black and take ENTRESTO.
- People who have had angioedema before taking ENTRESTO may have a higher risk of having angioedema than people who have not had angioedema before taking ENTRESTO.  
See “**Who should not take ENTRESTO?**”
- **Low blood pressure (hypotension).** Low blood pressure may be more common if you also take water pills. Call your doctor if you become dizzy or lightheaded, or you develop extreme fatigue.
- **Kidney problems.** Your doctor will check your kidney function during your treatment with ENTRESTO. If you have changes in your kidney function tests, you may need a lower dose of ENTRESTO or may need to stop taking ENTRESTO for a period of time.
- **Increased amount of potassium in your blood (hyperkalemia).** Your doctor will check your potassium blood level during your treatment with ENTRESTO.

These are not all the possible side effects of ENTRESTO. Call your doctor for medical advice about side effects.

The most common side effects were low blood pressure, high potassium, cough, dizziness, and kidney problems.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

This information is not comprehensive. To learn more, talk to your health care provider or pharmacist, visit [www.entresto.com](http://www.entresto.com) to obtain the FDA-approved product labeling, or call 1-888-ENTRESTO.

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