

Proudly Presented by

Effective September 27, 2021 through December 26, 2021

Time of Day			Mon / Wed / Fri / Sun	Tue / Thu / Sat
6:00 AM	2:00 PM	10:00 PM	Preventing Heart Disease	Preventing Heart Disease
6:30 AM	2:30 PM	10:30 PM	Your Surgery	Preventing Blood Clots
7:00 AM	3:00 PM	11:00 PM	Living with Cancer	Cancer and Nutrition
7:30 AM	3:30 PM	11:30 PM	Healthy Aging	Advance Directives
8:00 AM	4:00 PM		Stress & Your Health	Living with Anxiety & Depression
		12:00 AM	Mon: Stress & Your Health	Stress & Your Health
			Wed/Fri/Sun: Living with Anxiety & Depression	
8:30 AM	4:30 PM		Healthy Eating	Healthy Lifestyle Changes
		12:30 AM	Mon: Healthy Eating	Healthy Eating
			Wed/Fri/Sun: Healthy Lifestyle Changes	
9:00 AM	5:00 PM	1:00 AM	Living Well with COPD	Preventing Pneumonia and Flu
9:30 AM	5:30 PM	1:30 AM	Managing Heart Failure	Managing Heart Failure
10:00 AM	6:00 PM	2:00 AM	Managing Your Diabetes*	Managing Your Diabetes*
10:30 AM	6:30 PM	2:30 AM	Your Joint Replacement Journey	Joint Replacement: At Home Recovery
11:00 AM	7:00 PM	3:00 AM	Taking Medications Safely	Pain Management
11:30 AM	7:30 PM	3:30 AM	Quit Smoking and Tobacco	Quit Smoking and Tobacco
12:00 PM	8:00 PM	4:00 AM	Stroke Recovery	Your Care After a Stroke
12:30 PM	8:30 PM	4:30 AM	Heart Attack: Managing Risk Factors	Heart Failure: Going (and Staying) Home
1:00 PM	9:00 PM	5:00 AM	Patient Essentials & Safety	Infection Prevention
1:30 PM	9:30 PM	5:30 AM	Diabetes Basics	Diabetes and Nutrition

Programs with the have been reviewed by the American Heart Association's scientific and medical review committee. Programs with an asterisks (*) have been Favorably Reviewed by the Association of Diabetes Care & Education Specialists. The Wellness Network works with these organizations to improve health by supporting public education through patient-focused programming. These organizations are a source for health information and medical review. Their participation does not constitute an endorsement, implied or otherwise of this channel or its advertisers.

To view more videos, visit:

and enter passcode:

Take our survey for a chance to **WIN.***
Text HEALTH to 411-247

*Qualified participants only.



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

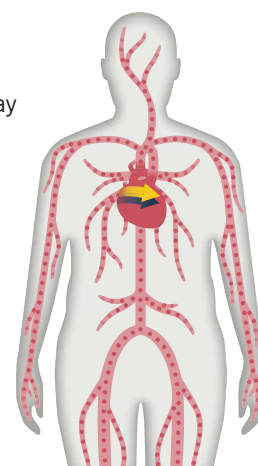
Before taking ENTRESTO tell your doctor about all of your medical conditions, including if you:

- 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 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

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 or call 1-800-FDA-1088.

ENTRESTO and the ENTRESTO logo are registered trademarks of Novartis AG.

Please see Important Facts About ENTRESTO on next page.

 facebook.com/entresto

 YouTube.com/LivingWithHF



Novartis Pharmaceuticals Corporation
East Hanover, New Jersey 07936-1080

© 2021 Novartis

Printed in USA

4/21

T-ETR-1402571

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, 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 to obtain the FDA-approved product labeling, or call 1-888-ENTRESTO.

ENTRESTO and the ENTRESTO logo are registered trademarks of Novartis AG.

