

Proudly Presented by

Effective July 1, 2019 through September 29, 2019

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

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 American Association of Diabetes Educators. 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.

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**What does
help for Heart Failure
look like?**

It looks like George on a date with his wife.

ENTRESTO® is a Heart Failure (HF) medicine that helps your heart so you can keep on doing what you love. It's for people with the type of Heart Failure where the heart is enlarged and too weak to pump properly.

In the largest Heart Failure study ever, **ENTRESTO was proven superior at helping people stay alive and out of the hospital** compared to enalapril, a leading HF medicine.

Ask your doctor about ENTRESTO.



for Heart Failure

What is ENTRESTO?

ENTRESTO is a prescription medicine used to reduce the risk of death and hospitalization in people with certain types of long-lasting (chronic) heart failure. ENTRESTO is usually used with other heart failure therapies, in place of an angiotensin-converting enzyme (ACE) inhibitor or other angiotensin II receptor blocker (ARB) therapy.

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 while taking ENTRESTO, tell your doctor right away.

Who should not take ENTRESTO?

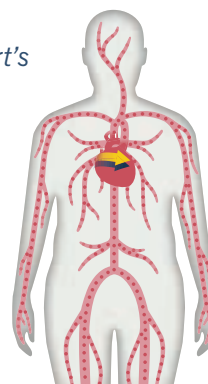
Do not take ENTRESTO if you

- are allergic to sacubitril or valsartan or 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 ACE inhibitor or 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

What should I tell my doctor before taking ENTRESTO?

Before you take ENTRESTO, tell your doctor about all of your medical conditions, including if you have kidney or liver problems or a history of hereditary angioedema; 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.

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

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.

What are the possible side effects of ENTRESTO?

ENTRESTO may cause serious side effects including:


- 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). Call your doctor if you become dizzy or lightheaded, or you develop extreme fatigue
- kidney problems
- increased amount of potassium in your blood

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.

Please see Important Facts About ENTRESTO on next page.

 Watch videos at www.YouTube.com/LivingWithHF

 Visit our page at www.facebook.com/entresto



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T-ETR-1368076

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 while taking ENTRESTO, tell your doctor right away.

What is ENTRESTO?

ENTRESTO is a prescription medicine used to reduce the risk of death and hospitalization in people with certain types of long-lasting (chronic) heart failure. ENTRESTO is usually used with other heart failure therapies, in place of an angiotensin-converting enzyme (ACE) inhibitor or other angiotensin II receptor blocker (ARB) therapy.

Heart failure occurs when the heart is weak and cannot pump enough blood to your lungs and the rest of your body. It is not known if ENTRESTO is safe and effective in children.

Who should not take ENTRESTO?

Do not take ENTRESTO if you:

- are allergic to sacubitril or valsartan or any of the ingredients in ENTRESTO. See the end of the 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 ACE inhibitor or 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

What should I tell my doctor before taking ENTRESTO?

Before you take ENTRESTO, tell your doctor about all of your medical conditions, including if you: have kidney or liver problems or a history of hereditary angioedema; 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; or 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 while taking 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.** 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.

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