

AudioHealth Library

You can listen to recordings about hundreds of health topics from allergies and arthritis to first aid and emergencies, and a lot in between. Is there a sensitive topic you'd like to know more about and aren't comfortable discussing with a nurse? The **AudioHealth Library** is a terrific solution.

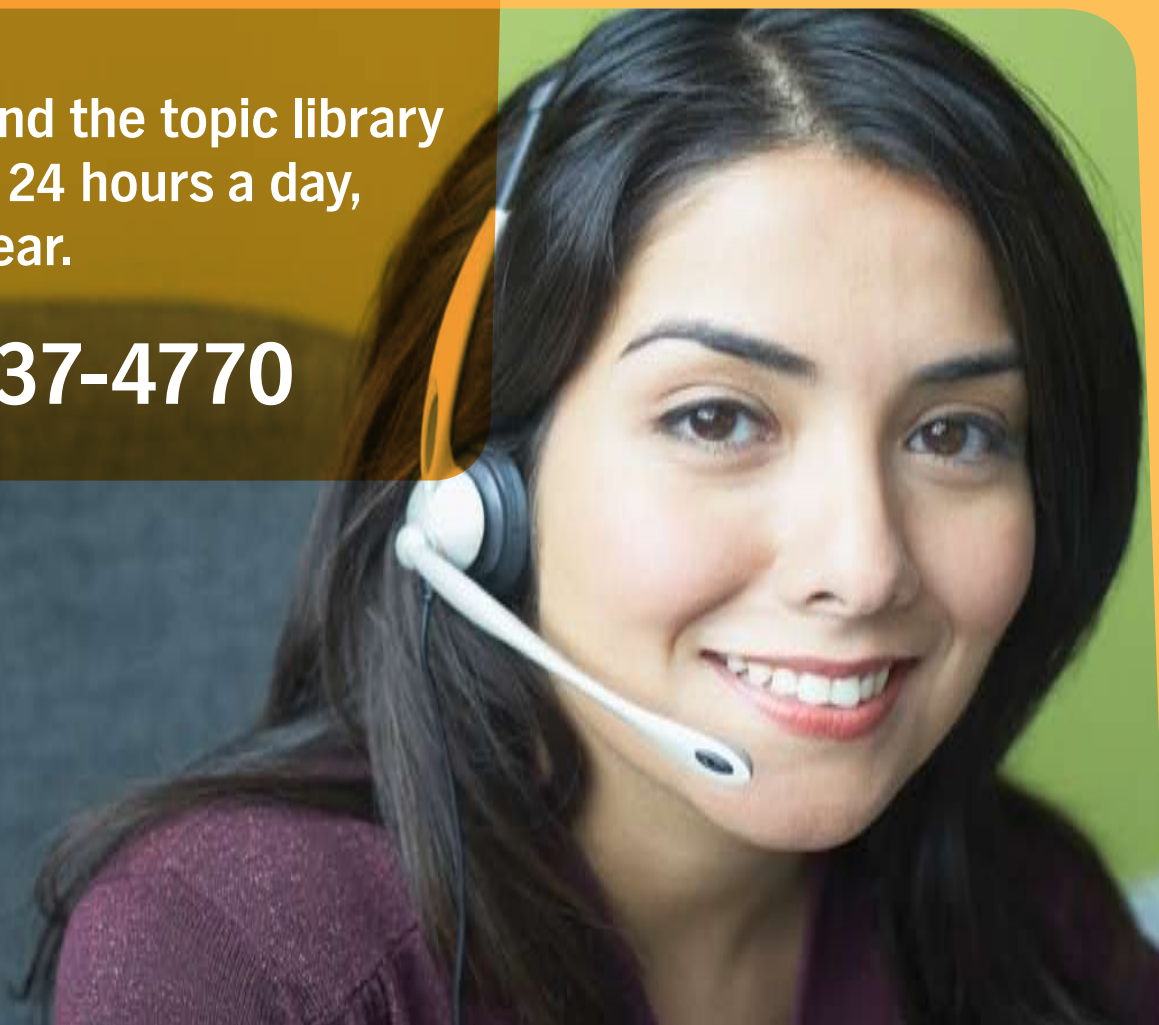
Use this library any time, night or day.

- Just call **1-800-337-4770** and **Press 2** for the **AudioHealth Library**.
- Enter the 4-digit topic number followed by the # sign. See the list of topics in this brochure.



Our nurses and the topic library are available 24 hours a day, 365 days a year.

1-800-337-4770



AudioHealth Library

Topic Listing 1-800-337-4770

Abdominal Problems

1600 Appendicitis
1451 Constipation
1618 Crohn's Disease
1260 Dehydration
1452 Diarrhea
1605 Diverticulosis and Diverticulitis
1402 Food Poisoning
1608 Gallbladder Disease
2154 Gallbladder Surgery
1612 Gastroesophageal Reflux Disease
1610 Heartburn
1952 Hepatitis
1403 Hernia
1603 Inflammatory Bowel Disease
1611 Irritable Bowel Syndrome
2576 Kidney Stones
1462 Nausea and Vomiting
1609 Rectal Problems
1613 Ulcers
2257 Urinary Incontinence in Women
1291 Urinary Tract Infections

Allergies

1000 Allergies
2770 Drug Allergies
1002 Food Allergies
1007 What About Allergy Shots?

Back and Neck Pain

1450 Low Back Pain
1463 Herniated Disk
2174 Low Back Problems, Surgery for
1457 Neck Pain

Bone, Muscle and Joint Problems

1030 Arthritis
1780 Bunions
2103 Bursitis and Tendon Injury
1781 Calluses and Corns
2104 Carpal Tunnel Syndrome
1038 Fibromyalgia
1039 Gout
1784 Heel Spurs
1031 Juvenile Rheumatoid Arthritis
1033 Lupus
2106 Muscle Cramps and Leg Pain
2259 Osteoarthritis
1032 Osteoporosis
1034 Rheumatoid Arthritis

2169 Rotator Cuff
1456 Sports Injuries
2105 Strains, Sprains, Fractures and Dislocations
2151 Surgery for Carpal Tunnel Syndrome
1461 TM Disorder

Cancer

1105 Cancer Pain
1110 Colon Polyps
1113 Colorectal Cancer
1120 Women's Cancer
1124 Lung Cancer

Chest, Respiratory and Circulatory Problems

1981 Asthma in Teens and Adults
1908 Atrial Fibrillation (irregular heartbeats)
1983 Bronchitis
1915 Cardiac Rehabilitation
1903 Causes of Heart Attack
1900 Chest Pain
1976 Chronic Obstructive Pulmonary Disease (COPD)
1400 Colds
1907 Heart Failure
1980 Emphysema
1455 Fever
1904 Heart Attack Prevention
1401 Influenza (Flu)
1648 Laryngitis
1910 Mitral Valve Prolapse
1911 Pacemakers
1986 Pneumonia
1406 Sinusitis
1459 Sore Throat and Strep Throat
1081 Stroke Rehabilitation
1460 Swollen Lymph Nodes
1912 Varicose Veins
1407 Viral and Bacterial Infection

Chronic Conditions

1060 ALS (Lou Gehrig's Disease)
1061 Alzheimer's Disease
1950 Chronic Fatigue Syndrome
2570 Chronic Kidney Disease
1063 Epilepsy
1953 Hepatitis B
1909 High Blood Pressure
1832 High Cholesterol

2623 Iron Deficiency Anemia
1959 Living with HIV Infection
1065 Multiple Sclerosis
1066 Parkinson's Disease
1512 Prediabetes
2550 Thyroid Problems
1508 Type 1 Diabetes
1500 Type 2 Diabetes
1501 Type 2 Diabetes: Living with Complications
1502 Type 2 Diabetes: Living with the Disease
1503 Type 2 Diabetes: Recently Diagnosed

Ear, Nose and Throat

1516 Diabetic Retinopathy
1453 Dizziness and Vertigo
1264 Ear Infections
1640 Earwax
1646 Hearing Loss
1641 Inner Ear Infection (Labrynthitis)
1644 Meniere's Disease
1643 Swimmer's Ear
1650 Tonsillitis

Eye Problems

1700 Eye Problems
2152 Cataract Surgery
1709 Cataracts
1710 Color Blindness
1703 Contact Lens Care
1708 Eye Infections
1705 Eye Injuries
1717 Floaters and Flashes
1712 Glaucoma
1711 Macular Degeneration
1716 Laser Surgery for Nearsightedness
1713 Strabismus
1707 Styes
1702 Vision Tests

First Aid and Emergencies

1750 Animal and Human Bites
1761 Burns
1255 Choking
1762 Cuts
2337 Frostbite
1901 Heart Attack
1759 Heat Exhaustion and Heat Stroke
2256 Hypothermia
2203 Importance of CPR Instructions
1751 Insect and Spider Bites and Stings
1458 Nosebleeds
1763 Poisoning
1764 Puncture Wounds
1766 Removing Splinters
1752 Snake Bites
1067 Stroke
1754 Tick Bites

Headaches and Nervous System Problems

1062 Bell's Palsy
1515 Diabetic Neuropathy
1068 Guillain-Barre Syndrome
1064 Encephalitis
1405 Migraine Headaches
1404 Tension Headaches

Home Health Medicines and Supplies

2000 Bulking Agents and Laxatives
2007 Cold and Allergy Remedies
2003 Cough Preparations
2002 Decongestants
1270 How to Take a Temperature
2001 Pain Relievers
1758 Self-Care Supplies

Infant and Child Health

1250 ADHD
1251 Bed-wetting
2753 Bottle-feeding
1254 Chickenpox
1278 Childhood Rashes
1256 Circumcision
1257 Colic
1258 Croup
1261 Diaper Rash
1080 Dyslexia
2436 Fetal Alcohol Syndrome
1253 Fever, Age 3 and Younger
1267 Fifth Disease
1268 Growth and Development of the Newborn
1269 Hand-Foot-Mouth Disease
1837 Healthy Eating for Children
1272 Impetigo
1274 Measles
1275 Mumps
1280 Pinworms
1259 Reye's Syndrome
1283 Roseola
1284 Rubella (German Measles)
1287 Sudden Infant Death Syndrome (SIDS)
1288 Teething
1247 Temper Tantrums
1292 Thrush
1289 Thumb-Sucking
1290 Toilet Training
1293 Urinary Tract Infections in Children

Infectious Diseases

1408 Avian Influenza (Bird Flu)
1951 Infectious Mononucleosis
1956 Tuberculosis
1965 West Nile Virus

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Living Healthy

- 1279 Immunizations
- 1295 Health Screenings
- 1830 Living a Balanced Lifestyle
- 1831 Guidelines for Eating Well
- 1833 Be Physically Active
- 1834 Healthy Weight
- 1835 Mind-Body Connection
- 1838 Alcohol and Drug Problems
- 1841 Be Tobacco-Free
- 1846 Managing Stress
- 1853 Healthy Snacks
- 1964 Relaxation Skills
- 2204 Accident and Injury Prevention
- 2428 Treatment for Alcohol Use Problems
- 2435 Teen Alcohol and Drug Abuse

Medical Tests and Procedures

- 1506 Home Blood Sugar Monitoring
- 1532 Exercise Electrocardiography
- 1533 Complete Blood Count (CBC)
- 1534 Chest X-ray
- 1535 Chorionic Villus Sampling
- 1536 CT Scan of the Body
- 1537 Electroencephalogram
- 1538 Electrocardiogram
- 1539 Electromyography (EMG)
- 1540 Barium Enema
- 1541 Upper Gastrointestinal (GI) Series
- 1542 Magnetic Resonance Imaging
- 1546 Lung Function Tests
- 1547 Abdominal Ultrasound
- 2155 Cystoscopy
- 2156 Dilation and Curettage
- 2157 Episiotomy
- 2158 Surgery for Hemorrhoids
- 2159 Hernia Surgery
- 2160 Hip Replacement Surgery
- 2162 Arthroscopy
- 2163 Knee Replacement Surgery
- 2164 Laparoscopy
- 2165 Ear Tubes
- 2171 Tonsillectomy and Adenoidectomy
- 2503 Shared Decisions about Surgery

Men's Health

- 1128 Prostate Cancer
- 1545 Prostate-Specific Antigen Test (PSA Test)
- 2031 Hair Loss
- 2032 Erection Problems
- 2034 Benign Prostatic Hyperplasia (Enlarged Prostate)
- 2036 Testicular Problems
- 2167 TURP for BPH
- 2173 Vasectomy

Mental Health Problems and Mind-Body Wellness

- 1069 Bipolar Disorder
- 1070 Schizophrenia
- 1071 Dementia
- 1230 Domestic Violence
- 1240 Child Maltreatment
- 1845 Stress Management
- 2051 Obsessive-compulsive Disorder
- 2052 Eating Disorders
- 2055 Panic Attacks and Panic Disorder
- 2057 Depression
- 2059 Grief
- 2063 Social Anxiety Disorder
- 2066 Suicide

Partnership with your doctor

- 1201 Patients Bill of Rights
- 1202 Caregiver Secrets
- 1800 Skills for Making Wise Health Decisions
- 1801 Work in Partnership with your Doctor
- 1802 Finding a Doctor Who Will be a Partner

Senior Health

- 1836 Seniors Staying Active and Fit
- 2004 Medication Problems in Seniors
- 2006 Medications and Older Adults
- 2240 Hospice Care
- 2245 Care at the End of Life
- 2251 Nutrition for Older Adults
- 2261 Skin and Nail Problems in Seniors

Sexual Health

- 1848 Sexually Transmitted Diseases
- 1957 HIV Infection and AIDS
- 2307 Chlamydia
- 2308 Genital Herpes
- 2309 Genital Warts
- 2310 Gonorrhea
- 2311 Syphilis
- 2315 Trichomoniasis
- 2600 Birth Control

Skin Problems

- 1129 Skin Cancer
- 1273 Lice and Scabies
- 1755 Blisters
- 1785 Ingrown Toenails
- 2330 Acne
- 2332 Boils
- 2333 Cold Sores
- 2334 Dandruff
- 2336 Atopic Dermatitis
- 2338 Hives

- 2343 Rashes
- 2344 Psoriasis
- 2346 Fungal Infections
- 2349 Shingles
- 2352 Sunburn
- 2353 Warts

Sleeping Disorders

- 2400 Sleep Problems
- 2403 Sleep Apnea
- 2406 Snoring

Women's Health

- 1107 Breast Health
- 1111 Ovarian Cancer
- 1112 Polycystic Ovary Syndrome
- 1211 Multiple Pregnancy: Twins or More
- 1504 Gestational Diabetes
- 1531 Breast Biopsy
- 1544 Pelvic Exam and Pap Test
- 1548 Ultrasound for Normal Pregnancy
- 2033 Infertility
- 2039 Sexual Dysfunction in Women
- 2172 Tubal Ligation and Tubal Implants
- 2312 Pelvic Inflammatory Disease
- 2426 Pregnancy, Precautions During
- 2640 Bacterial Vaginosis
- 2643 Yeast Infections
- 2650 Menopause
- 2651 Hormone Therapy
- 2670 Missed or Irregular Periods
- 2672 Endometriosis

- 2673 Uterine Fibroids
- 2674 Hysterectomy
- 2675 Bleeding Between Periods
- 2677 Functional Ovarian Cysts
- 2678 Menstrual Cramps
- 2679 Dysfunctional Uterine Bleeding
- 2680 Toxic Shock Syndrome
- 2700 How to Make a Healthy Baby
- 2701 Home Pregnancy Test
- 2702 Abortion
- 2704 Danger signs during pregnancy
- 2705 Normal Pregnancy
- 2706 Symptoms and Stages of Labor
- 2708 Diet During Pregnancy
- 2709 Exercise During Pregnancy
- 2710 Rubella and Pregnancy
- 2714 Amniocentesis
- 2717 Miscarriage
- 2719 Stretch Marks
- 2720 Cesarean Section
- 2723 Pelvic Organ Prolapse
- 2724 Premenstrual Syndrome
- 2725 Pregnancy, Symptoms and Stages of
- 2750 Postpartum Depression
- 2751 Breast Feeding
- 2752 Complications after delivery
- 2754 Labor, Delivery, and Postpartum Period
- 2755 Mastitis While Breast-Feeding
- 2756 Rh Sensitization During Pregnancy
- 2757 Weaning



The information contained in this program is for general guidelines only. Your doctor will be specific regarding recommendations for your individual circumstances. Trade names of commonly used medications and devices are provided for ease of education but are not intended as particular endorsement. Your doctor may choose to use items not represented here. Recommended treatments may not be covered under your health plan.

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