Discharge Video Library

HealthClips[™] Video Library: <u>allinahealth.healthclips.com</u>



- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Click on the video.

You can watch the below videos or any video in the HealthClips library at any time. To search for a specific video, go to the main website, click on the magnifying glass and type in the video title.

U What is a Discharge Plan?



Watch this <u>video</u> to learn why it's important to understand and follow the instructions you receive during discharge.

Medications and Medical Devices



Watch this <u>video</u> to learn why it's important to take your medicines and use devices properly.

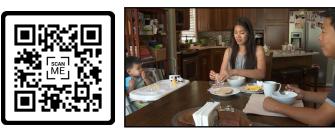
The Importance of Your Follow-up Appointment





Watch this <u>video</u> to learn why it's important to keep your follow-up appointment after your hospital stay.

Eating Healthy at Home



Watch this video to learn how eating well can help you recover.

Returning to Activity



Watch this video to learn how activity can help you recover.

Video for After Surgery

□ Your Care at Home: After Surgery



Watch this video to learn why it's important to take care of yourself after surgery.