

# Discharge Video Library

HealthClips™ Video Library: [allinahealth.healthclips.com](http://allinahealth.healthclips.com)



- 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.

## □ What is a Discharge Plan?



Watch this [video](#) to learn why it's important to understand and follow the instructions you receive during discharge.

## □ Medications and Medical Devices



Watch this [video](#) to learn why it's important to take your medicines and use devices properly.

## □ The Importance of Your Follow-up Appointment



Watch this [video](#) 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.