

# HealthClips<sup>®</sup> Health and Wellness Video Library

## Free Online Video Library

Explore the Allina Health HealthClips<sup>®</sup> video library for trusted, easy-to-understand health and wellness education. You will find information to help you manage your health, feel stronger and live better than you ever thought possible.

Videos feature real patients and health care providers, animation (when appropriate), closed captioning and transcripts.

Videos are available in English and Spanish. There are more than 1,000 short, single-topic videos in subject areas such as:

- advance care planning
- cardiology (heart health)
- diabetes
- gastroenterology (digestive health)
- integrative medicine (meditation, relaxation, stress reduction)
- mental health
- oncology (cancer)
- orthopedics (bone, joint and muscle health)
- prenatal/maternity
- pulmonology (lungs and breathing)
- wellness.

## Start Watching

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