



Ch.	Station (numeric)
1102	Weather Channel HD
1110	Fox News HD
1111	CNN HD
1112	HLN HD
1113	MSNBC HD
1115	Newsmax TV HD
1116	BNC Black News Ch
1117	BBC World News HD
1118	i24 News English HD
1121	CNBC HD
1122	Bloomberg TV HD
1123	Fox Business HD
1128	CSPAN HD
1129	CSPAN2 HD
1130	CSPAN3 HD
1205	ESPN HD
1206	ESPN2 HD
1207	NBCSN HD
1208	Fox Sports 1 HD
1209	Fox Sports 2 HD
1210	ESPNews HD
1215	NFL Network HD
1216	NFL RedZone HD
1217	NHL Network HD
1218	NBA TV HD
1219	MLB Network HD
1222	Olympic Ch.
1223	Golf Ch. HD
1224	Tennis Ch. HD
1228	Zona Futbol
1229	TUDN
1230	Fox Deportes HD
1231	ESPN Deportes HD

Legend	
SD	Standard Definition
HD	High Definition
Grey	Non-network channel
^	Ch. avail in some areas
Green	Multicultural
Red	News & Weather
Yellow	Music & Videos
Blue	Relaxation
Orange	Movies & Entertain.
Light Blue	Sports
Light Green	Kids, Teens & Family
Light Orange	Spiritual

Local stations are from 1000-1099 and 1150-1199



1232	Univero HD
1236	Outdoor Ch. HD
1237	Sportsman Ch. HD
1238	Pursuit Ch.
1243	Motortrend HD
1246	TV Games Ntwk
1247	TV Games Ntwk2
1250	Bally Sports Southwest HD Z2
1251	AT&T SportsNet Southwest HD
1251	NBC Sports Chicago HD
1254	Streaming Marquee Sports
1255	AT&T SportsNet Southwest Plus HD
1255	NBC Sports Chicago Plus HD
1301	ESPNU HD
1303	CBS Sports Network HD
1313	Big Ten Illinois HD
1314	Big Ten HD
1315	BTN Overflow 2 HD
1316	BTN Overflow 1 HD
1321	SEC Network HD
1322	SEC A HD
1329	Pac-12 Network HD
1402	A&E HD East
1403	USA Network HD
1404	TNT HD
1405	AMC HD
1406	AMC+
1409	FX HD
1410	FXX HD
1411	Syfy HD
1412	Paramount Network HD
1418	BBC America HD
1420	NewsNation

1-999	NO CHANGE	1200-1399	NO CHANGE	1650-1749	KIDS & FAMILY
1000-1099	BASIC	1400-1499	ENTERTAINMENT	1750-1799	MOVIES
1100-1199	NEWS	1600-1649	ENTERTAINMENT	1800-1899	PREMIUMS

Ch.	Station (numeric)
1425	Game Show Network HD
1426	TV Land HD
1427	Pop HD
1428	WE tv HD
1429	Reelz HD
1430	truTV HD
1434	TBS HD
1435	Comedy Central HD
1436	Vice HD
1437	Comedy.TV HD
1438	IFC HD
1439	Logo HD
1440	SundanceTV HD
1444	Investigation Discovery HD
1445	Crime + Investigation
1446	Justice Central HD
1449	Discovery HD [#2 best]
1450	TLC HD
1451	Science Ch. HD
1455	Lifetime HD
1456	LMN HD
1457	UPtv HD
1458	Hallmark Channel HD
1459	Hallmark Movies & Mysteries HD
1460	Hallmark Drama
1462	Ovation HD
1463	Bravo HD
1464	Oprah HD
1465	Oxygen HD
1466	E! HD
1471	Animal Planet HD
1472	Nat Geo Wild HD
1473	Nat Geo HD

**Ad Group A**

2.18" x 4.36"

**Your ad goes  
HERE**

On the living room  
coffee table, this ad  
clearly has GREAT  
potential





































Stations without "HD"  
are most likely SD.

**Ad Group B**









































2.18" x 2.18"

**Your ad goes  
HERE**

1477	Smithsonian HD [#1 fav]
1478	History HD [#3 best]
1479	Military History
1480	American Heroes HD
1481	NASA HD^
1483	Recipe TV HD
1484	Food Network HD
1485	Cooking Ch. HD
1486	FYI Channel HD
1487	Destination America HD
1488	Travel Ch. HD
1492	HGTV HD
1493	DIY Network HD
1495	Z Living HD
1497	Discovery Life HD
1550	Hit List
1551	Max
1552	Dance/EDM
1553	Indie
1554	Hip-Hop and R&B
1555	Rap
1556	Hip-Hop Classics
1557	Throwback Jams
1558	R&B Classics
1559	R&B Soul
1560	Gospel
1561	Reggae 🇯🇲
1562	Rock
1563	Metal
1564	Alternative
1565	Adult Alternative
1566	Rock Hits
1567	Classic Rock

 Ch.	Station (numeric)
 1568	Soft Rock
 1569	Love Songs
 1570	Pop Hits
 1571	Party Favorites
 1572	Teen Beats
 1573	Kids Only!
 1574	Toddler Tunes
 1575	Y2K
 1576	'90s
 1577	'80s
 1578	'70's
 1579	Solid Gold Oldies
 1580	Pop & Country
 1581	Today's Country
 1582	Country Hits
 1583	Classic Country
 1584	Contemporary Christian
 1585	Pop Latino
 1586	Musica Urbana
 1587	Mexicana
 1588	Tropicales Gebien
 1589	Romances
 1590	Sounds of the Seasons
 1591	Stage & Screen
 1592	Soundscapes 
 1593	Smooth Jazz
 1594	Jazz 
 1595	Blues
 1596	Singers & Swing
 1597	Easy Listening
 1598	Classical Masterpieces
 1599	Light Classical
 1606	MTV HD

If you accidentally change channels while watching a recording, try using your remote's "Last Channel" button to return to it.

 1607	VH1 HD
 1608	CMT HD 
 1612	MTV Live
 1613	AXS TV
 1614	MTV Classic
 1615	Nick Music
 1619	CMT Music 
 1620	GAC Family HD 
 1622	Xfinity Black Experience
 1623	Afro
 1624	Cleo TV HD
 1625	BET HD
 1626	TV One HD
 1627	Aspire HD
 1628	BET Her HD
 1629	The Africa Channel
 1630	BET Soul
 1633	BET Jams
 1637	Revolt HD
 1639	MTV2 HD
 1655	INSP HD
 1656	Cowboy Channel <sup>^</sup> 
 1657	Daystar TV Ntwk
 1664	Positiv TV <sup>^</sup>
 1668	Eternal Word HD
 1678	Total Living Network
 1681	The Word Network
 1682	Impact TV Ntwk
 1684	JBS HD 
 1685	Jewish Life TV 
 1701	Disney Junior HD
 1702	Nick Jr HD 
 1707	Universal Kids HD

**Ad Group C**  
6" x 0.85"  
Your ad goes HERE

Ch.	Station (numeric)
1709	BabyFirst TV
1714	Discovery Family HD
1715	Disney Channel HD
1716	Disney XD HD
1721	Primo TV
1722	Kids Street
1727	Nicktoons HD
1728	Nickelodeon HD
1729	Nick Too HD <i>East</i>
1734	Cartoon Network HD
1740	Teen Nick HD
1742	Freeform HD
1755	Turner Classics HD
1766	FXM HD
1771	Flix HD
1773	Starz Encore HD
1775	Starz Encore Action
1777	Starz Encore Black
1784	Starz Encore Westerns SD
1786	ScreenPix
1787	ScreenPix Action
1788	ScreenPix Voices
1789	ScreenPix Westerns
1790	Epix HD
1802	HBO HD
1803	HBO <i>West</i>
1804	HBO2 HD
1806	HBO Signature HD
1808	HBO Family HD
1810	HBO Comedy
1812	HBO Zone HD
1814	HBO Latino HD
1816	AMC+

**Benefits of high definition (HD) over standard definition (SD) include:**

1. Better screen resolution, which translates to better image quality,
2. Larger, undistorted pictures (no empty black areas to the sides of the picture),
3. Better sound quality!

HITZ	1817	Hitz
HITZ	1818	Hitz 2
HITZ	1819	Hitz 3
CINEMAX	1820	Cinemax HD
CINEMAX	1821	Cinemax <i>West</i> HD
MORE MAX	1822	MoreMAX HD
ACTION MAX	1824	ActionMAX
THRILLER MAX	1826	ThrillerMAX <sup>^</sup>
5 STAR MAX	1830	5 StarMAX
SHOWTIME	1840	Showtime HD
SHO 2	1842	Showtime 2
SHO x BET	1844	SHO x BET <sup>^</sup>
SHOWCASE	1846	Showtime Showcase
SHOWTIME EXTREME	1848	Showtime Extreme
SHOWTIME WOMEN	1850	Showtime Women
SHOWTIME FAMILY ZONE	1852	Showtime FamilyZone
SHOWTIME NEXT	1854	Showtime Next
THE MOVIE CHANNEL	1860	The Movie Channel HD
THE MOVIE CHANNEL EXTRA	1862	The Movie Channel Extra
STARZ HD	1868	Starz HD
epix	1871	Epix HD
epix2	1873	Epix 2 HD
epix HITS	1874	Epix Hits
epix DRIVE-IN	1875	Epix Drive-in HD
HITZ	1880	Hitz
HITZ	1881	Hitz 2
HITZ	1898	Hitz 2
HITZ	1899	Hitz
MLB EXTRA INNINGS	3001	MLB Extra Innings <i>Teams-</i>
MLB EXTRA INNINGS	3030	MLB Extra Innings <i>Teams</i>
NBA LEAGUE PASS	3034	NBA League Pass <i>Teams-</i>
NBA LEAGUE PASS	3063	NBA League Pass <i>Teams</i>
NHL CENTER ICE	3067	NHL Center Ice <i>Teams-</i>

	Ch.	Station (numeric)
	3098	NHL Center Ice Teams
	3101	Willow Cricket HD 
	3102	TV Asia HD
	3103	Zee TV HD
	3106	SET HD
	3108	ATN ABP News
	3109	NDTV 24/7
	3135	CCTV4-China Central
	3137	Phoenix Info News
	3138	CTI Zhong Tian Ch.
	3139	Phoenix Satellite TV
	3140	ETTV Super Channel ^
	3150	Jade San Francisco
	3180	TV Japan HD
	3185	Saigon Broadcasting
	3194	The Filipino Channel HD
	3195	GMA Pinoy TV 
	3196	GMA Life TV
	3210	SporTV
	3211	Band Internacional HD
	3212	Record International HD
	3213	Rede Globo TV Int. HD
	3216	SIC Internacional
	3217	RTPi RadioTV Portuguesa
	3225	RTV International US
	3226	RTN-WMNB 
	3227	Russian Kino
	3228	NTV America (HTB)
	3229	Channel One Russia
	3230	Impact TV Ntwk
	3232	RTR Planeta 
	3233	Rossiya 24 
	3234	CTC 

**Please help the small guy out eh!?**

We work hard to make these guides accurate and up to date and we don't charge for 'em.












































Plus, we're so new, the internet barely knows us. So, please give us an online review? Do I have to beg?

**Review Links** (these are clickable on the PDF version)

Google:  
<https://g.page/Print-TVGuides/review?gm>

Facebook:  
<https://tinyurl.com/wb3h5wet>

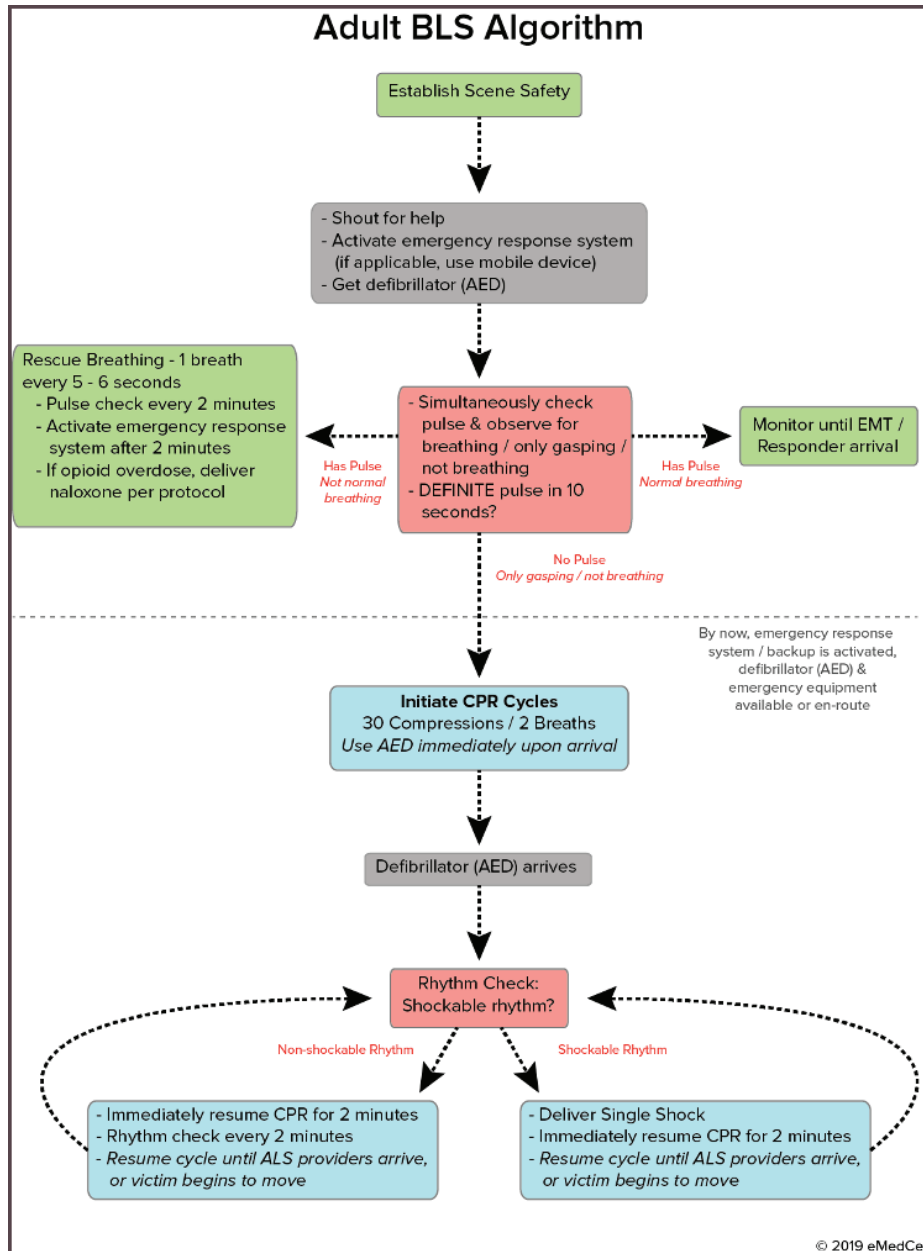
**Thank you!**

	3245	Art America
	3250	Israeli Network 
	3260	DW Deutsch+ 
	3265	TV5Monde HD 
	3275	Antenna TV 
	3280	Rai Italia HD 
	3281	Mediaset Italia 
	3285	Willow Cricket 
	3286	TV Asia
	3287	Zee TV
	3289	SET
	3290	TV Japan 
	3291	Band Internacional
	3292	Record International
	3293	Rede Globo TV Int.
	3294	TV5Monde 
	3295	Rai Italia 
	3296	The Filipino Channel <i>West</i>
	3308	UniMas HD <i>West</i>
	3311	Univision HD
	3335	Discovery Familia HD
	3344	Canal ESNE
	3360	Zona Futbol 
	3371	Discovery en Español
	3377	History Ch. Español HD
	3385	Kanal D Drama SD
	3387	Universo HD
	3443	Sony Cine
	3447	ViendoMovies HD
	3487	Univision <i>Chicago</i> WGBO
	3489	Univision <i>West</i>
	3490	UniMas <i>West</i>



**WHAT TO DO IF A PERSON FALLS UNCONSCIOUS** (see BLS flowchart below):

1. Ensure you are not in danger (e.g. exposure to electricity or carbon monoxide)
2. Call for help (911 and/or for bystander)
3. Check for responsiveness verbally, and if not, to a painful stimulus. If no response, then...
4. Start chest compressions (fast and hard! >1 per second)
5. \*In suspected opioid overdoses and children, give 3 small rescue breaths before compressions. Attempt to open airway with Chin Tilt Maneuver (*bottom image*)
6. Continue CPR and ventilations at ratio of 30:2 (meaning, after thirty compressions, give two rescue breaths)
7. Reassess patient and quickly return to compressions/ventilations (#4)



**Chin tilt maneuver** to open a person's airway (helps airflow for rescue breathing):

- 1) Tilt head back
- 2) Pull chin up

