

Station	Premier	Select	Value	Core Exp.	Core	Basic Exp.	Basic
Local Channels	✓	✓	✓	✓	✓	✓	✓
A&E	✓	✓	✓	✓		✓	
A&E HD	✓	✓	✓				
ACC Network	✓						
ACC Network HD	✓						
AMC	✓	✓	✓	✓		✓	
AMC HD	✓	✓	✓				
American Heroes Channel	✓	✓					
Animal Planet 🌿	✓	✓	✓	✓		✓	
Animal Planet HD 🌿	✓	✓	✓				
Aspire	✓	✓					
BabyFirst	✓	✓					
Bally Sports	✓	✓	✓	✓		✓	
Bally Sports HD	✓	✓	✓				
Bang U	✓	✓	✓				
BBC America	✓	✓	✓	✓		✓	
BBC America HD	✓	✓	✓				
BBC World News	✓						
BET	✓	✓	✓	✓		✓	
BET HD	✓	✓	✓				
BET Her	✓	✓					
Big Ten	✓						
Big Ten HD	✓						
Bloomberg	✓	✓	✓	✓		✓	
Bravo	✓	✓	✓	✓		✓	
Bravo HD	✓	✓	✓				
Brazzers	✓	✓	✓				
BYU	✓	✓					
BYU HD	✓	✓					
C-SPAN 1	✓	✓	✓	✓	✓	✓	✓



Legend
<i>italic: Non-network station</i>
Multicultural
News & Weather
Music & Videos
Movie Channels
Kids, Teens & Family
Sports
Spiritual







Station	Premier	Select	Value	Core Exp.	Core	Basic Exp.	Basic
C-SPAN 1 HD	✓	✓	✓				
C-SPAN 2	✓	✓	✓	✓	✓	✓	✓
C-SPAN 3	✓	✓					
Cartoon Network	✓	✓	✓	✓		✓	
Cartoon Network HD	✓	✓	✓				
CBS Sports Network	✓						
CBS Sports Network HD	✓						
Cheddar News HD	✓	✓	✓				
CMT	✓	✓					
CMT HD	✓	✓					
CNBC	✓	✓	✓	✓		✓	
CNBC HD	✓	✓	✓				
CNN	✓	✓	✓	✓		✓	
CNN HD	✓	✓	✓				
Comedy Central	✓	✓	✓	✓		✓	
Comedy Central HD	✓	✓	✓				
Crime and Investigation	✓	✓					
Destination America	✓	✓					
Destination America HD	✓	✓					
Discovery Channel	✓	✓	✓	✓		✓	
Discovery Channel HD	✓	✓	✓				
Discovery Family Channel	✓	✓					
Discovery Family Channel HD	✓	✓					
Discovery Life Channel	✓	✓					
Disney	✓	✓	✓	✓		✓	
Disney HD	✓	✓	✓				
Disney Junior	✓	✓					
Disney XD	✓	✓					
Disney XD HD	✓	✓					
E!	✓	✓	✓	✓		✓	

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

If "HD" is not listed with the station name, it is standard definition.

Station	Premier	Select	Value	Core Exp.	Core	Basic Exp.	Basic
E! HD	✓	✓	✓				
ESPN	✓	✓	✓	✓		✓	
ESPN HD	✓	✓	✓				
ESPN 2	✓	✓	✓	✓		✓	
ESPN 2 HD	✓	✓	✓				
ESPN U	✓						
ESPN U HD	✓						
ESPNNews	✓						
ESPNNews HD	✓						
EWTN	✓	✓	✓	✓	✓	✓	✓
EWTN En Español	✓	✓	✓	✓	✓	✓	✓
Flix	✓	✓					
Food Network 🍪	✓	✓	✓	✓		✓	
Food Network HD 🍪	✓	✓	✓				
Fox Business Network	✓	✓	✓	✓		✓	
Fox Business Network HD	✓	✓	✓				
Fox News Channel	✓	✓	✓	✓		✓	
Fox News Channel HD	✓	✓	✓				
Fox Sports 1	✓	✓	✓	✓		✓	
Fox Sports 1 HD	✓	✓	✓				
Fox Sports 2	✓						
Fox Sports 2 HD	✓						
Freeform	✓	✓	✓	✓		✓	
Freeform HD	✓	✓	✓				
Fuse	✓	✓					
Fuse HD	✓	✓					
FX	✓	✓	✓	✓		✓	
FX HD	✓	✓	✓				
FX Movie Channel	✓	✓					
FXX	✓	✓	✓	✓		✓	

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Station	Premier	Select	Value	Core Exp.	Core	Basic Exp.	Basic
FXX HD	✓	✓	✓				
fyi	✓	✓					
fyi HD	✓	✓					
GAC Family	✓	✓	✓	✓		✓	
GAC Family HD	✓	✓	✓				
Galavision	✓	✓	✓	✓	✓	✓	✓
Game Show Network	✓	✓	✓	✓		✓	
Game Show Network HD	✓	✓	✓				
Gol TV 	✓						
Gol TV HD 	✓						
Golf Channel 	✓	✓	✓	✓		✓	
Golf Channel HD 	✓	✓	✓				
Hallmark Channel	✓	✓	✓	✓		✓	
Hallmark Channel HD	✓	✓	✓				
Hallmark Drama	✓	✓					
Hallmark Drama HD	✓	✓					
Hallmark Movies & Mysteries	✓	✓	✓	✓		✓	
Hallmark Movies & Mysteries HD	✓	✓	✓				
HBO	✓						
HBO HD	✓						
HBO 2	✓						
HBO 2 HD	✓						
HBO Comedy	✓						
HBO Comedy HD	✓						
HBO Family	✓						
HBO Family HD	✓						
HBO Latino	✓						
HBO Latino HD	✓						
HBO Signature	✓						
HBO Signature HD	✓						

Ad Group A







2" x 4.5"

Your ad goes
HERE





*I sit on the living
room coffee
table. What a
great spot, right?*

Station	Premier	Select	Value	Core Exp.	Core	Basic Exp.	Basic
HBO Zone	✓						
Headline News	✓	✓	✓	✓		✓	
Headline News HD	✓	✓	✓				
HGTV	✓	✓	✓	✓		✓	
HGTV HD	✓	✓	✓				
History	✓	✓	✓	✓		✓	
History HD	✓	✓	✓				
Home Shopping Network	✓	✓	✓	✓	✓	✓	✓
Home Shopping Network HD	✓	✓	✓				
i24 News	✓	✓	✓	✓		✓	
i24 News HD	✓	✓	✓				
IFC	✓	✓					
IFC HD	✓	✓					
<i>iN DEMAND 1</i>	✓	✓	✓				
<i>iN DEMAND 2</i>	✓	✓	✓				
<i>INDEMAND HD 1</i>	✓	✓	✓				
INSP	✓	✓	✓	✓		✓	
Investigation Discovery	✓	✓	✓	✓		✓	
Investigation Discovery HD	✓	✓	✓				
Lifetime	✓	✓	✓	✓		✓	
Lifetime HD	✓	✓	✓				
Lifetime Movie Network	✓	✓	✓	✓		✓	
Lifetime Movie Network HD	✓	✓	✓				
Lifetime Real Women	✓	✓					
Longhorn Network 	✓	✓	✓	✓		✓	
Longhorn Network HD 	✓	✓	✓				
Magnolia Network 	✓	✓					
Military History Channel 	✓	✓					
Motortrend	✓	✓	✓	✓		✓	
Motortrend HD	✓	✓	✓				

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Station	Premier	Select	Value	Core Exp.	Core	Basic Exp.	Basic
MSNBC	✓	✓	✓	✓		✓	
MSNBC HD	✓	✓	✓				
MTV	✓	✓	✓	✓		✓	
MTV HD	✓	✓	✓				
MTV 2	✓	✓					
MTV Classic	✓	✓					
National Geographic	✓	✓	✓	✓		✓	
National Geographic HD	✓	✓	✓				
National Geographic Wild 	✓	✓					
NBC Universo	✓	✓					
NBC Universo HD	✓	✓					
Newsmax	✓	✓	✓	✓		✓	
Newsmax HD	✓	✓	✓				
NewsNation	✓	✓	✓	✓		✓	
NewsNation HD	✓	✓	✓				
NFL Network 	✓						
NFL Network HD 	✓	✓					
Nick Jr.	✓	✓	✓	✓		✓	
Nick Jr. HD	✓	✓	✓				
Nick Toons	✓	✓					
Nickelodeon	✓	✓	✓	✓		✓	
Nickelodeon HD	✓	✓	✓				
Olympic Channel 	✓						
Outdoor Channel 	✓	✓	✓	✓		✓	
Outdoor Channel HD 	✓	✓	✓				
OWN	✓	✓	✓	✓		✓	
OWN HD	✓	✓	✓				
Oxygen	✓	✓	✓	✓		✓	
Oxygen HD	✓	✓	✓				
Pac-12	✓						

Ad Group B
2" x 2"
Your ad goes
HERE

Station	Premier	Select	Value	Core Exp.	Core	Basic Exp.	Basic
Pac-12 HD	✓						
Paramount Network	✓	✓	✓	✓		✓	
Paramount Network HD	✓	✓	✓				
Playboy	✓	✓	✓				
QVC	✓	✓	✓	✓	✓	✓	✓
QVC HD	✓	✓	✓				
Revolt	✓	✓					
RFD TV	✓	✓					
Science Channel 	✓	✓					
Science Channel HD 	✓	✓					
SEC Network	✓	✓	✓	✓		✓	
SEC Network HD	✓	✓	✓				
SEC Overflow	✓	✓	✓	✓		✓	
SEC Overflow HD	✓	✓	✓				
Smithsonian Channel	✓	✓					
Smithsonian Channel HD	✓	✓					
Sony Movies	✓	✓					
Sportsman Channel 	✓						
Sportsman Channel HD 	✓						
Stadium College Sports Atlantic	✓						
Stadium College Sports Central	✓						
Stadium College Sports Pacific	✓						
STARZ ENCORE	✓	✓					
STARZ ENCORE HD	✓	✓					
STARZ ENCORE Action	✓	✓					
STARZ ENCORE Classic	✓	✓					
STARZ ENCORE Espanol	✓	✓					
STARZ ENCORE Family	✓	✓					
STARZ ENCORE in Black	✓	✓					
STARZ ENCORE Suspense	✓	✓					

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Station	Premier	Select	Value	Core Exp.	Core	Basic Exp.	Basic
STARZ ENCORE Westerns	✓	✓					
SundanceTV	✓	✓					
SundanceTV HD	✓	✓					
Syfy 🧐	✓	✓	✓	✓		✓	
Syfy HD 🧐	✓	✓	✓				
tbs	✓	✓	✓	✓		✓	
tbs HD	✓	✓	✓				
Teen Nick	✓	✓					
Tennis Channel 🎾	✓	✓	✓	✓		✓	
Tennis Channel HD 🎾	✓	✓	✓				
The Cooking Channel 🍳	✓	✓					
The Cowboy Channel 🤠	✓	✓					
The Weather Channel	✓	✓	✓	✓	✓	✓	✓
The Weather Channel HD	✓	✓	✓				
The WORD Network	✓	✓					
Three Angels	✓	✓					
TLC	✓	✓	✓	✓		✓	
TLC HD	✓	✓	✓				
TNT	✓	✓	✓	✓		✓	
TNT HD	✓	✓	✓				
Travel Channel 🌴	✓	✓	✓	✓		✓	
Travel Channel HD 🌴	✓	✓	✓				
tru TV	✓	✓	✓	✓		✓	
tru TV HD	✓	✓	✓				
TUDN ⚽	✓						
TUDN HD ⚽	✓						
Turner Classic Movies	✓	✓	✓	✓		✓	
Turner Classic Movies HD	✓	✓	✓				
TV Land	✓	✓	✓	✓		✓	
TV Land HD	✓	✓	✓				

Station	Premier	Select	Value	Core Exp.	Core	Basic Exp.	Basic
TV One	✓	✓					
TV One HD	✓	✓					
TVG Racing 	✓						
Universal Kids	✓	✓	✓	✓		✓	
Universal Kids HD	✓	✓	✓				
UP tv	✓	✓					
UP tv HD	✓	✓					
USA	✓	✓	✓	✓		✓	
USA HD	✓	✓	✓				
VH-1	✓	✓	✓	✓		✓	
VH-1 HD	✓	✓	✓				
Vice TV	✓	✓					
Vice TV HD	✓	✓					
WE tv	✓	✓	✓	✓		✓	
WE tv HD	✓	✓	✓				
SR - Adult Alternative	✓	✓	✓	✓	✓		
SR - Bluegrass	✓	✓	✓	✓	✓		
SR - Broadway	✓	✓	✓	✓	✓		
SR - Christian Pop & Rock	✓	✓	✓	✓	✓		
SR - Classic Masters	✓	✓	✓	✓	✓		
SR - Classic RnB & Soul	✓	✓	✓	✓	✓		
SR - Classic Rock	✓	✓	✓	✓	✓		
SR - Country Classics	✓	✓	✓	✓	✓		
SR - Dance Clubbin	✓	✓	✓	✓	✓		
SR - Easy Listening	✓	✓	✓	✓	✓		
SR - Everything 80s	✓	✓	✓	✓	✓		
SR - Exitos del Momento	✓	✓	✓	✓	✓		
SR - Exitos Tropicales	✓	✓	✓	✓	✓		
SR - Flashback 70s	✓	✓	✓	✓	✓		
SR - Gospel	✓	✓	✓	✓	✓		

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Station	Premier	Select	Value	Core Exp.	Core	Basic Exp.	Basic
SR - Greatest Hits	✓	✓	✓	✓	✓		
SR - Groove (Disco and Funk)	✓	✓	✓	✓	✓		
SR - Heavy Metal	✓	✓	✓	✓	✓		
SR - Hip Hop	✓	✓	✓	✓	✓		
SR - Hip Hop Classics	✓	✓	✓	✓	✓		
SR - Hip Hop/R&B	✓	✓	✓	✓	✓		
SR - Hit List	✓	✓	✓	✓	✓		
SR - Holiday Hits	✓	✓	✓	✓	✓		
SR - Hot Country	✓	✓	✓	✓	✓		
SR - Indie Rock	✓	✓	✓	✓	✓		
SR - Jammin	✓	✓	✓	✓	✓		
SR - Jazz Masters	✓	✓	✓	✓	✓		
SR - Jukebox Oldies	✓	✓	✓	✓	✓		
SR - Kids Stuff	✓	✓	✓	✓	✓		
SR - Maximum Party	✓	✓	✓	✓	✓		
SR - No Fences (Country)	✓	✓	✓	✓	✓		
SR - Nothin But 90s	✓	✓	✓	✓	✓		
SR - Pop & Country	✓	✓	✓	✓	✓		
SR - Pop Adult	✓	✓	✓	✓	✓		
SR - Pop Classics	✓	✓	✓	✓	✓		
SR - Pop Hits	✓	✓	✓	✓	✓		
SR - Retro Latino Gebien	✓	✓	✓	✓	✓		
SR - Ritmos Latinos	✓	✓	✓	✓	✓		
SR - Rock Anthems	✓	✓	✓	✓	✓		
SR - Romance Latino	✓	✓	✓	✓	✓		
SR - Silk (Love Songs)	✓	✓	✓	✓	✓		
SR - Smooth Jazz	✓	✓	✓	✓	✓		
SR - Soul Storm	✓	✓	✓	✓	✓		
SR - Swinging Standards	✓	✓	✓	✓	✓		
SR - Teen Hits	✓	✓	✓	✓	✓		

Station	Premier	Select	Value	Core Exp.	Core	Basic Exp.	Basic
SR - The Blues	✓	✓	✓	✓	✓		
SR - The Celebrity Channel	✓	✓	✓	✓	✓		
SR - The Spa	✓	✓	✓	✓	✓		
SR - Todays Hits	✓	✓	✓	✓	✓		
SR - Y2K	✓	✓	✓	✓	✓		

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Please help the small guy out eh!?

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

Plus, we're so new, the internet barely knows us. So, please give us an **online review or a donation** to help us advertise?

Review Links

Google:

<https://g.page/PrintTVGuides/review?gm>

Facebook:

<https://tinyurl.com/wb3h5wet>

Donation Link (Paypal)

<https://tinyurl.com/yh3tkazd>



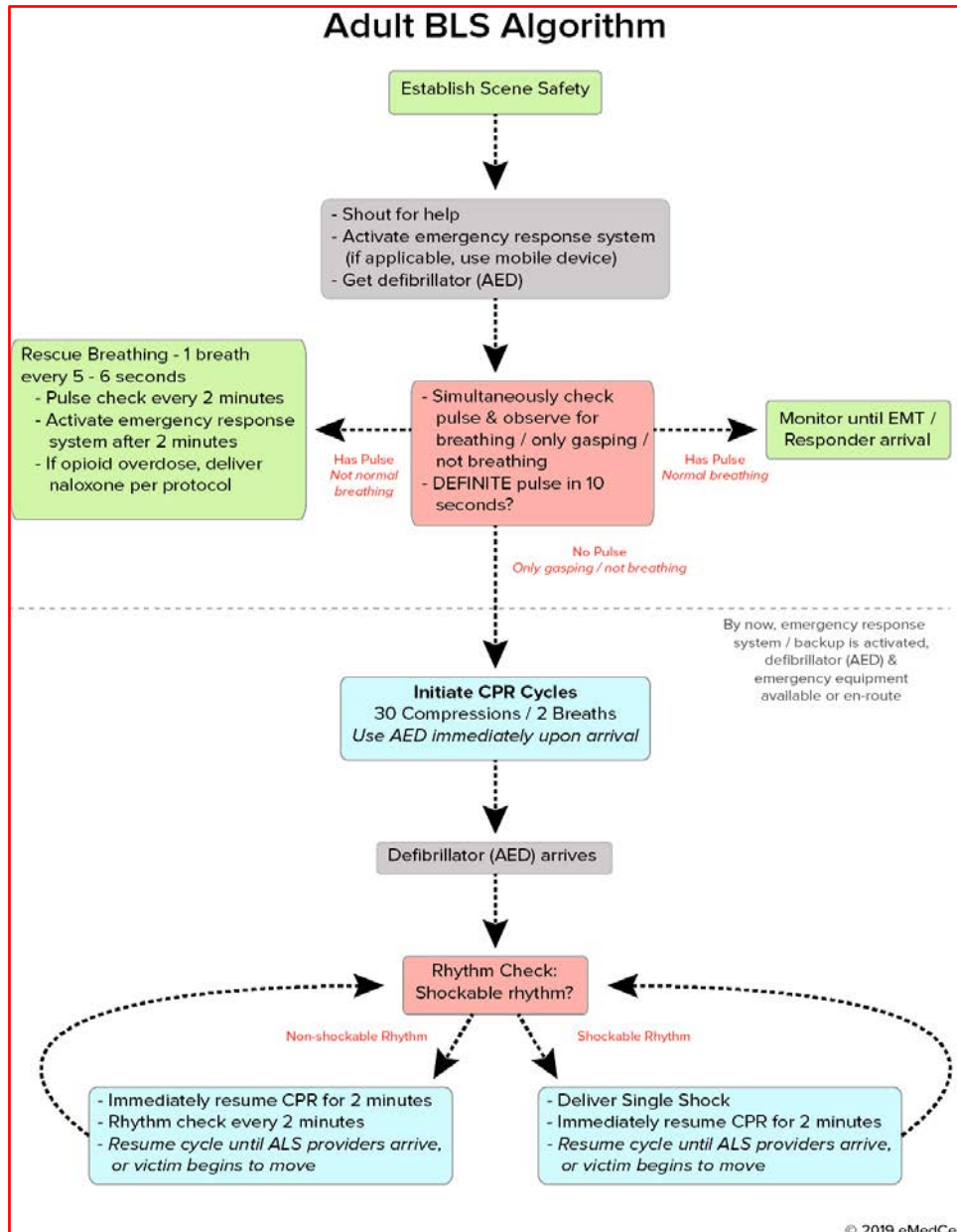
Donate (Paypal)

Thank you!

Ad Group C
6" x 3/4"

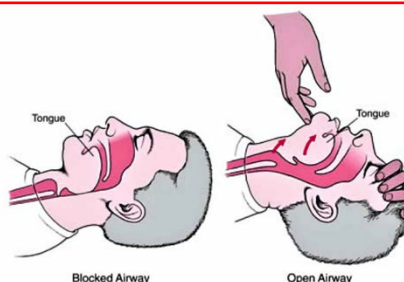
IF A PERSON BECOMES UNCONSCIOUS:

1. Ensure you are not in danger (such as exposure to live electrical wires, smoke or carbon monoxide)
2. Call for help (911, bystander and AED (defibrillator) if possible)
3. Check if responsive to *voice*, and if not, then to a *painful stimulus*. If not, then...
4. In a suspected opioid overdose or for children, open the airway with the chin tilt maneuver (bottom image). Pinch nose and give 3 rescue breaths and then...
5. Start chest compressions: In the middle of the chest with palm facing down and a straight arm, push fast, deep (1 inch at least) and hard. Do more than 1 compression per second.
6. Continue compressions and ventilations at a ratio of 30:2 (after 30 compressions, give 2 breaths)



Chin Tilt Maneuver (to open airway):

- 1) Tilt head back
- 2) Lift chin up and out
- 3) Create airtight seal (pinch nose, mouth seal)
- 4) Give slow breaths



*This information is purely an aid and not medical advice. Consult your doctor for details. See for more at <https://www.acls-pals-bls.com/algorithms/bls/>