

What to Do After You Are Discharged from the Hospital



Getting back to your best health.

It can be hard to recover after a hospital or ER visit. There are many things you can do to improve your health. One of the most important is scheduling a follow-up visit with your doctor.

You should have a follow-up visit with your doctor 7 days or less after you are released from the hospital. This visit is very important.

At this appointment, your doctor can:

- Determine why you were admitted to the hospital or ER.
- Diagnose any new health problems and reevaluate existing conditions.
- Prescribe new medicines you may need.
- Answer your health-related questions.
- Talk to you about your health and treatment plan.
- Refill any prescriptions.

We're here to help.

Getting admitted to the hospital or ER can be overwhelming. Your doctor may prescribe new medicines or follow-up treatments, or encourage you to make lifestyle changes. We want to help you manage these changes through your recovery and beyond.



Our Case Management Team can help you reach your health goals.

A Case Manager can help you keep track of your medication, manage your conditions, and more.

To learn more, or to sign up for Case Management, call 1-866-282-6280 (TTY: 711).