

TIPS TO

Avoid another hospital stay

Recently discharged from the hospital or a care center stay?
Schedule a visit with your doctor's office within 7 days of returning home.



Why see your doctor post-discharge?

It could prevent an **unnecessary trip to the emergency room** or return to the hospital.

Your doctor can **help you with next steps** in managing your health issue.

When calling for an appointment, **let the scheduler know** you were recently in the hospital/care center.

Keep your appointment!



If you are feeling healthy...
your doctor will provide tips for managing your health issue, next steps for future tests, labs, care, etc.



If you don't feel well...
your doctor can work with you to address health concerns.

Can't get to the doctor's office? Don't cancel! Ask about other options:



Phone visits
Talk to your doctor over the phone.



Telehealth/virtual visits
Use a computer, tablet or smartphone with video and audio to meet with your doctor.



Patient portal
You may be able to ask questions and/or request prescription refills in your patient portal.

Important doctor/patient conversation topics during follow-up appointment

Alert your doctor that you were recently in the hospital/care center.

Share your health issues and medications you're taking.

Share any struggles you're having, such as:

- Transportation
- Affording medicines and care
- Scheduling appointments with other doctors or for tests, etc.
- Managing your home and health

Be certain you know whom to call if you aren't feeling well.

Be clear about next steps in managing your health (needed tests, labs, appointments, dietary, etc.).