



# A guide for returning home from the hospital or rehab facility

Leaving the hospital or rehabilitation facility is a stressful time. There's a lot to think about – and it's especially important to stay in touch with your primary care doctor and specialists that will oversee your ongoing medical care.

## WHEN YOU ARE ADMITTED TO THE HOSPITAL OR REHAB FACILITY

Tell your primary care provider and any specialists about your hospital or rehab admission. This will help them update your medical record and care plan to make sure your medical care is all set when you are discharged. If you can't tell your doctors yourself, have a family member do it for you before or soon after you're admitted.



## WHEN YOU HEAD HOME FROM THE HOSPITAL

### Appointments with your outpatient health care team:

- Let your primary care provider know you've left the hospital or rehab.
- Schedule a follow-up appointment according to your discharge instructions. If you weren't given a follow-up appointment, request to be seen within one to two weeks.
- Don't miss any appointments for follow-up care that were scheduled by your hospital care team. These should all be included in your discharge instructions.



Need help scheduling appointments? **Contact your CDPHP care manager, or call CDPHP at 1-888-942-3747**

### Your medications:

- Make sure your prescriptions are filled and picked up from the pharmacy as soon as possible.
  - Some pharmacies offer convenient home delivery - including ConnectRx pharmacy, powered by CDPHP. ConnectRx offers free home delivery if you live in Albany County, Schenectady County, southern Saratoga County, or western Rensselaer County. Enter your zip code at **PharmacyConnectRx.com** for details.
- Mark an “X” on any pill bottles of medications that were stopped while you were in the hospital.
- Tell your primary care provider about any changes in medications, changes in doses, or medications that were stopped.
- Use the CDPHP ConnectRx, On the Go app to show your providers your updated medication list.
  - Text **RX** to **237471** to receive a link to download the app, or search for “CDPHP ConnectRx, On the Go” in the app store on your mobile device. Have your CDPHP member ID handy to complete your activation.



### Ask questions!

- If you have questions about your discharge instructions, ask your primary care provider.
- If you were diagnosed with a new condition during your hospital stay, make a list of any questions you have about the condition and how it will be managed.
- Bring your list of questions with you when you see your doctor – or contact them through their patient website to ask your questions.
- If you set up an advanced directive, such as a health care proxy, bring it with you to your follow-up appointment so your doctor can put it in your medical record.



Staying in touch with your primary care provider and specialists – and updating everyone about your hospital or rehab stay – are the keys to a successful recovery!



**A plan for life.**