

# Take Charge *of your* Hospital Discharge



Getting ready to go to the hospital may have you a little stressed, but Health Net Federal Services wants to make sure you have all the information you need! Following these steps during your stay in the hospital may help you get better sooner and stay healthy longer.



## Have a Discharge Plan

Before you leave the hospital, know **where you will go**, what **special care** you will need and identify **who will assist you** if you need help.

- Talk with your doctor about your discharge plan.*



## Have a List of Medications

Ask about medications you were given in the hospital that you will continue when you get home, including their purpose and side effects. Talk with a doctor about generic alternatives or assistance programs to help with costs.

- Make sure you understand what medications to take and when.*



## Early Follow-Up is Key

Before you leave the hospital, make sure you have a follow-up appointment scheduled a week or two after your hospital stay. Know where your appointment is and have a plan for how you will get there.

- Schedule a follow-up appointment with your primary care doctor or specialist.*



## Don't Be Afraid to Ask Questions

*What is my main concern? What do I need to do? Why is it important for me to do this?*  
If you and your caregiver don't understand, it's perfectly OK to ask again.

- Speak up if you have questions or concerns.*

If you have questions or would like additional information, please call 1-844-52HELPU (844-524-3578), or visit us on the Web at [www.tricare-west.com](http://www.tricare-west.com).

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