

How to Stay Out of the Hospital

Tips to Avoid Readmission

If you've recently been in the hospital, the last place you want to be is back there again. Here are a few ways to help you avoid a return trip.

- **Ask questions.** Make sure you know everything you need to before you leave the hospital.
- **Repeat back information and instructions that you were given.** This helps ensure you understand things correctly.
- **Inquire about medication and equipment.** Write down what you need to know to take medications properly. Find out where to get medical equipment and how to use it.
- **Keep appointments.** Make a schedule so you don't forget to follow up with doctors and tests.
- **Understand danger signs.** Know what to watch for that may indicate you're getting worse.
- **Create a plan.** Figure out who will help you, where to get what you need, how to get to appointments and what you can do to stay healthy.



If offered by your plan, maintain regular contact with your Elderplan Care Manager. To get a Care Manager or for questions about benefits, providers or services, call Member Services at **1-800-353-3765**.

You can also contact our Wellness Team for tips or handouts to help manage your illness at home. For example, we can give you a Personal Health Record to keep track of your medical needs. The Wellness Team can be reached at **718-759-4413** Monday - Friday from 9am to 5pm.
