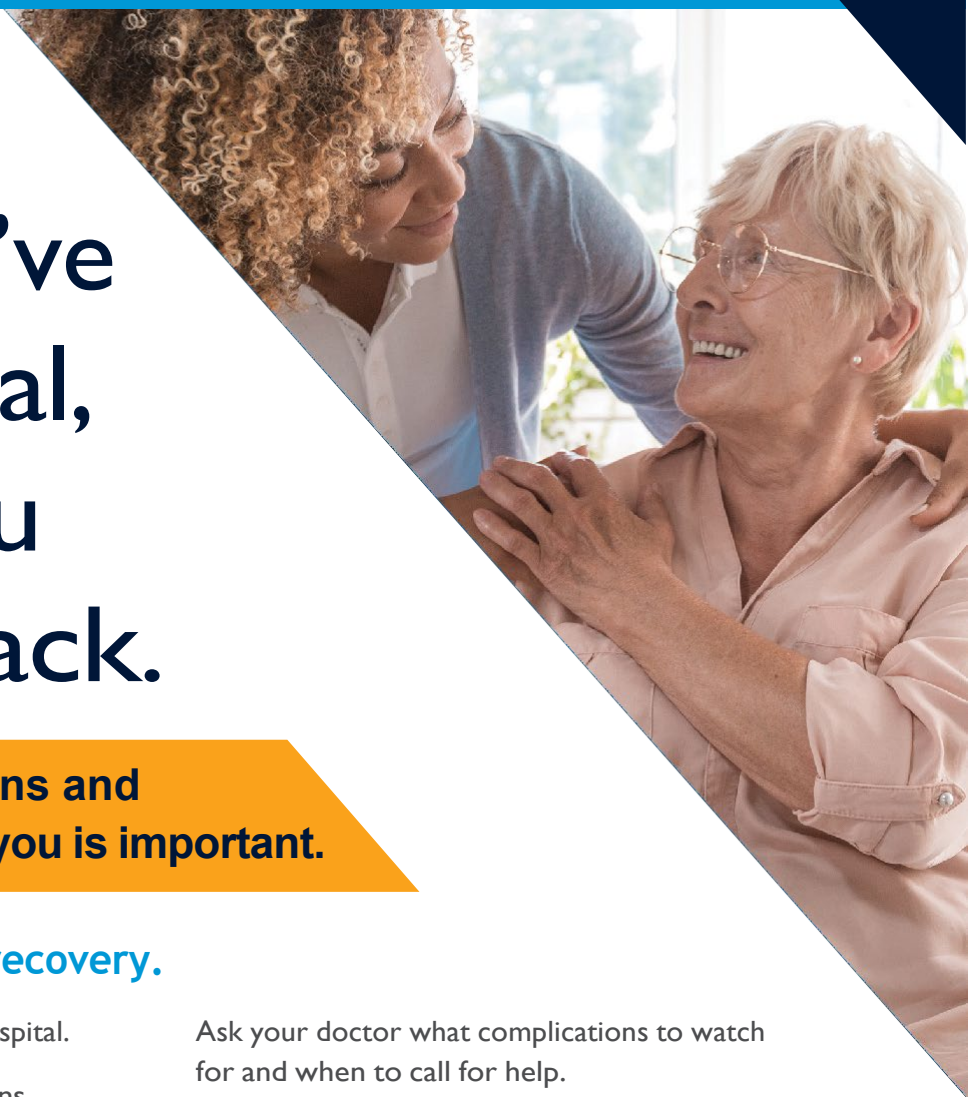


Now that you've left the hospital, let us help you avoid going back.



Understanding any medications and instructions the hospital gave you is important.

Use this checklist on your road to recovery.

Review your discharge instructions from the hospital.

Call your doctor about any discharge instructions you don't understand.

Understand what medical care and/or services are available to you.

Schedule a follow-up visit with your primary care doctor after you get home from the hospital.

Write down any questions you have for your primary care doctor.

Bring your discharge instructions, list of questions, medications and any other paperwork you have to your appointment with your doctor.

Ask your doctor what complications to watch for and when to call for help.

Ask a friend or loved one to help you with groceries and meal planning.

Make a list of all medications (prescription and over-the-counter) that you take.

On your list of medications include the name, purpose, dosage and times to be taken.

Tell your doctor about any new medications prescribed to you during your hospital stay.

Let your doctor know if you have any problems with your medications.

Florida Blue and Florida Blue Medicare are Independent Licensees of the Blue Cross and Blue Shield Association. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or gender.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-352-2583 (TTY: 1-800-955-8770).

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Use the tables provided to fill out and keep track of important numbers and medications.

- Primary care doctor: _____
- Other doctor: _____
- Other doctor: _____
- Local pharmacy: _____
- Medical equipment, home health and more: Call CareCentrix at 1-877-561-9910.
- Behavioral health services: Call New Directions at 1-866-287-9569.
- Florida Blue Medicare Member Services: Call 1-800-926-6565 (TTY 1-800-955-8770).
Available 7 days a week, 8 a.m. to 8 p.m. local time, from October 1 through March 31, except for Thanksgiving and Christmas. Available Monday through Friday, 8 a.m. to 8 p.m. local time, from April 1 through September 30.
- Florida Blue Medicare Case Management: Call 1-800-955-5692. Select Option 1, then Option 2.
- Emergency: Call 911.

	What I'm Taking	Form (pill, injection, liquid, patch, etc.)	Dosage	How Much and When	Use (regularly or occasionally)	Start/Stop Dates	Notes, Directions, Reasons for Use
	*Be sure to include ALL prescription drugs, over-the-counter drugs, vitamins and herbal supplements.						
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							