



FROM **arkansas**
health & wellness.

What to Do After You Are Admitted to the Hospital

Getting Back to Your Best Health

After a hospital or ER visit, recovery can be challenging. There are many things you can do to improve your health. One of the most important is scheduling a follow-up visit with your doctor.

You should have a follow-up visit with your doctor within seven days of being released from the hospital.

During your follow-up visit, your doctor can:

- Determine why you were admitted to the hospital.
- Diagnose any new health problems and reevaluate existing conditions.
- Prescribe new medicines you may need.
- Answer your health-related questions.
- Talk to you about your health and treatment plan.
- Refill your prescriptions.

We're Here to Help

Having to go to the hospital or ER can be overwhelming. Your doctor may have prescribed you new medicines, advised you on follow-up treatment, or encouraged you to make lifestyle changes. We want to help you navigate these changes through your recovery and beyond.

Our Case Management team has resources that can help you reach your health goals. A Case Manager can help you with many things, including keeping track of your medicine and managing conditions you may have.

To learn more, or to sign up for our Case Management program, call us at 1-877-617-0390 (TTY: 1-877-617-0392).

