Every day matters during recovery.

My name:

Date I went to the hospital:

Date I left the hospital:

Reason I went to the hospital:

If I have questions, I should call:
Now that you’re out of the hospital, taking care of your health is very important.

Be sure to make a **follow-up appointment** with your primary care practitioner (PCP) or specialist within 7 days.

Prepare for your appointment by writing down questions to ask.

Make a list of names and phone numbers to call when you have questions.

Follow the directions you received for taking medicines.

Ask the pharmacist questions. If you can’t get your medicines, call Member Services at **1-800-521-6860**, or **1-800-684-5505** for TTY. You can also call your PCP or specialist.

Think about whether you will need a ride to your appointment.

24-hour Nurse Call Line: 1-866-431-1514
My next appointment

Date and time:

PCP or specialist's name and phone number:

PCP or specialist's address:

Reason for appointment:
I have questions about...

My medicine:

My test results:

My pain:

My feelings of stress:

My feelings of depression:

Other:
Keystone First wants to help you keep track of some important information about your health.

**About my medicine**

Name:

Reasons for taking it:

How much:

When to take it:

How to take it:

Medicines to avoid:
About my medicine

Name:

Reasons for taking it:

How much:

When to take it:

How to take it:

Medicines to avoid:
Use this page to take notes at any time. You can share this information with your PCP or specialist at your next appointment.

**My recovery notes**

Exercises that are good for me:

Types of food I should avoid:

Activities I should avoid:

**Other notes**
Important phone numbers

Member Services: 1-800-521-6860
Member Services TTY: 1-800-684-5505
24-Hour Nurse Call Line: 1-866-431-1514
Rapid Response and Outreach Team: 1-800-573-4100
Emergency: 9-1-1

The information in this notice is available in other languages and formats by calling Member Services at 1-800-521-6860 or 1-800-684-5505 (TTY).

Esta información también se ofrece en otros idiomas y formatos. Llame a Servicios para Miembros al 1-800-521-6860 o al 1-800-684-5505 (TTY).

Muốn đọc thông tin trong thông báo này dưới hình thức và ngôn ngữ khác, xin gọi Ban Dịch Vụ Hội Viên số 1-800-521-6860 hay số dành cho người khiếm thị là 1-800-684-5505 (TTY).

Для получения сведений, содержащихся в данном уведомлении, на других языках звоните в Отдел обслуживания по телефону 1-800-521-6860 или 1-800-684-5505 (TTY).

Coverage by Vista Health Plan, an independent licensee of the Blue Cross and Blue Shield Association.