

Your guide for care outside of the hospital

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:



Keystone First

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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:

Prepare for your appointment. Write down some questions to ask your PCP or specialist.



I have questions about...

My medicine:

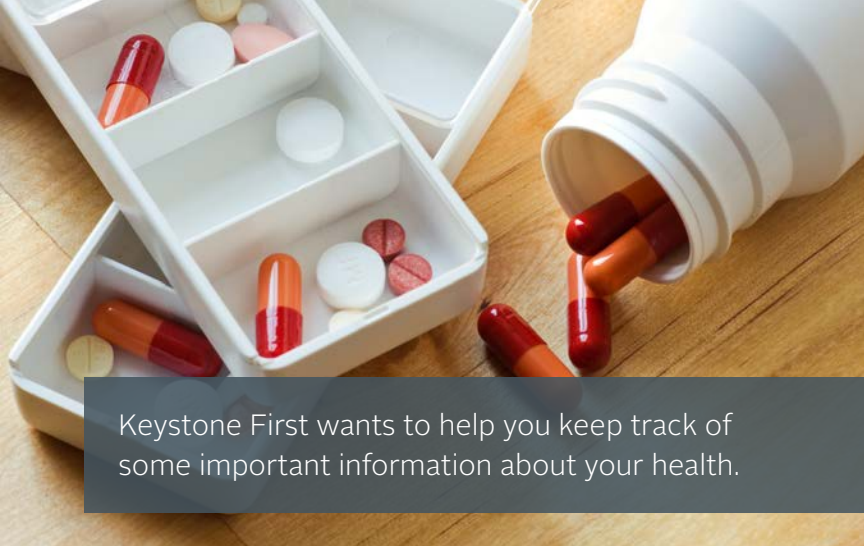
My test results:

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**

My PCP or specialist:

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 thính giáic **1-800-684-5505** (TTY).

ព័ត៌មាននៅក្នុងសំបុត្រនេះមានជាភាសានិងទម្រង់ផ្សេងៗទៀត ដោយទូរស័ព្ទទៅក្រុមស្តីពីសមាជិកសេវា **1-800-521-6860** ឬ **1-800-684-5505** (TTY) សំរាប់អ្នកឆ្ងល់។

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).

此通知的资料包括其他语言及格式，如需要提供，请致电 **1-800-521-6860** 或 **1-800-684-5505** (TTY) 联系会员服务处。



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