

Just got released from the hospital?

Here's how TRICARE Prime® Demo by CareSource Military & Veterans™ can help.



Were you just released from the hospital? Working with a Care Manager can help you get on track to better health. They can help you figure out steps to take by:

Helping You Get Back to Your Routine

Getting back to your normal routine can be hard. Your Care Manager can help you get back to your day-to-day tasks. Here are some ways your Care Manager can help:

- Making sure you know when and how to take your medications.
- Setting up delivery of supplies to your home as needed.
- Helping you with home care setup.
- Telling your other providers about your release.
- Making sure your providers are up to date on your care needs.
- Connecting you to community resources and support groups.
- Supporting you with non-health needs like transportation to appointments or the pharmacy.

Helping You Get Ready for Follow-Up Visits

You need a follow-up visit two to seven days after your release. You will need one more follow-up visit within 30 days. Follow-up visits will help you with your next steps and help prevent future stays in the hospital. Your Care Manager can help get you ready for these visits by:

1. Setting up the follow-up visits.
2. Making sure you have the right forms.
3. Setting up rides to provider visits and pharmacy if needed.
4. Helping you take medications as prescribed.

Helping You Answer Questions When You Need It

Call our 24-Hour Nurse Advice Line to get answers to any urgent health-related questions. Our team of registered nurses is here to help! Call us at **1-833-687-7376 (833-NURSE-76)**.

Have other questions about what to do after being released from the hospital?

Call Beneficiary Services at **1-833-230-2080**, Monday through Friday, 8 a.m. to 6 p.m., Eastern Time (ET).

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