

# 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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