Just got released from the hospital?

Here's how CareSource can help.

Were you just released from the hospital?

You may have stayed in the hospital for one of these reasons:

- Mental Health Issues
- Substance Use Disorder
- A chronic condition (e.g., COPD, diabetes)

Working with a Care Manager can help you get on track to better health. Care Managers can help you figure out steps to take after being released. Here are a few things they can help with:

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:

- Tell you what steps to take after being released.
- Make sure you know when and how to take your medications.
- Set up delivery of supplies to your home as needed.
- Help you with home care setup.
- Tell your other providers know about your release.
- Make sure your providers are up to date on your care needs.
- Connect you to community resources and support groups.
- Support you with these non-health needs:
  - Employment
  - Housing
  - Healthy Food

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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. These follow-up visits will help you know what steps to take. They can also 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. Arranging rides to provider visits and pharmacy.
4. Helping you take medications as prescribed.

Helping You Make Sense Of Your Benefits

Knowing what's covered in your plan can help you get on track to better health. Your Care Manager will help you make sense all the benefits and services in your plan. Some key benefits are:

Free Rides
You can get free rides to both provider follow-up visits. You can also get free rides to the pharmacy to pick up medications.

Rewards Program
You can earn reward dollars for completing healthy actions, like follow-up visits, and more!

CareSource24® Nurse Advice Line
Use this 24/7 hotline to get any answers to any urgent health-related questions. Our team of registered nurses is here to help! Call us at **1-844-206-5947** (TTY: 711).

CareSource Life Services®
This is a no-cost program where you'll be paired with a personal Life Coach who can prepare you for success and help you with things in your home, workplace and community.

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

Call **1-844-607-2829** (TTY: 711)

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