

# Just got released from the hospital?

Here's how CareSource can help.



## Were you just released from the hospital?

Working with a Case 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 Case Manager can help you get back to your day-to-day tasks. Here are some ways your Case 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 these non-health needs:
  - Employment
  - Housing
  - Healthy Food

## Helping You Get Ready for Follow-Up Visits

You need a follow-up visit two to seven days after your release. You may need one more follow-up visit within 30 days. These follow-up visits will help you know what steps to take and help prevent future stays in the hospital. Your Case 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 Make Sense of Your Benefits

Knowing what's covered in your plan can help you get on track to better health. Your Case 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 follow-up visits with your provider. 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!

### 24-Hour 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 **1-833-687-7365** (TTY: 1-800-326-6868 or 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 Member Services at **1-833-230-2058** (TTY: 1-800-326-6868 or 711), Monday through Friday, 8 a.m. to 6 p.m., Pacific Time (PT).