

Recently discharged from the hospital?

Here's how CareSource can help.



Did you recently get discharged 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)

No matter the reason, working with a Care Manager can help you get on track to better health. Care Managers can help you figure out next steps once you get discharged from the hospital. Here are a few things they can help with:

Helping You Adjust After Your Return Home

Returning to your routine after getting discharged from the hospital can be hard. Your Care Manager can help you adjust to day-to-day life and return to your normal routine. Here are some ways your Care Manager can help:

- Making sure you understand your discharge instructions.
- 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.
- Making sure your other providers know about your discharge.
- Making sure your providers are up to date on your care needs.
- Connecting you to community resources and support groups.
- Helping you get support for these non-health needs:
 - Employment
 - Housing
 - Healthy Food




Helping You Get Ready For Follow-Up Visits

You should have a follow-up visit two to seven days after getting discharged from the hospital. You will need one more follow-up visit within 30 days. These follow-up visits can 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 Understand Your Benefits

Knowing what's covered in your plan is key to taking full advantage of being a CareSource member and getting on track to better health. Your Care Manager will help you understand 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 any medications needed.




Rewards Program

You can earn reward dollars for completing healthy activities, like these 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 **1-866-206-0554** (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 getting discharged from the hospital?

Call Member Services at **1-800-488-0134** (TTY: 711)