

Staying Out of the Hospital



Now that you are home, Health Net Federal Services wants to make sure you have all the information you need to stay healthy and out of the hospital:



Follow Your Discharge Plan

- Understand your health condition.
- Follow any special instructions, such as diet, exercise or wound care.
- Complete any tests or blood work your doctor ordered.



Take Your Medications

- Fill and pick up all the medication you were prescribed.
- Take all your medication according to the directions (what time, how much and how often).



Attend a Follow-Up Appointment

- Keep an appointment with your primary care doctor or specialist.
- Write down two things your doctor recommends to help keep yourself healthy:




Ask Questions

- Know who to call if you have questions or if your condition worsens.
- Speak up if you need a family member, friend or caregiver to help you.

If you have questions or would like additional information, please call **1-844-866-WEST (9378)**, or visit us on the Web at www.tricare-west.com.

www.tricare-west.com

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