

Your guide for care outside of the hospital

Every day matters during recovery.

My name:

Date I went to the hospital:

Date I left the hospital:

Reason I went to the hospital:

If I have questions, I should call:

Now that you're out of the hospital, taking care of your health is very important.



Be sure to make a **follow-up appointment** with your primary care provider (PCP) or specialist within 7 days.



Prepare for your appointment by writing down questions to ask.



Make a list of names and phone numbers to call when you have questions.



Follow the directions you received for taking medicines.



Ask the pharmacist questions. If you can't get your medicines, call Member Services at **1-888-756-0004**. You can also call your PCP or specialist.



Think about whether you will need a ride to your appointment.

24-hour Nurse Call Line: 1-888-632-0009




My next appointment

Date and time:

PCP or specialist's name and phone number:

PCP or specialist's address:

Reason for appointment:



Prepare for your appointment. Write down some questions to ask your PCP or specialist.

I have questions about...

My medicine:

My test results:

My pain:

My feelings of stress:

My feelings of depression:

Other:



AmeriHealth Caritas Louisiana wants to help you keep track of some important information about your health.

About my medicine

Name:

Reasons for taking it:

How much:

When to take it:

How to take it:

Medicines to avoid:



About my medicine

Name:

Reasons for taking it:

How much:

When to take it:

How to take it:

Medicines to avoid:

Use this page to take notes at any time. You can share this information with your PCP or specialist at your next appointment.

My recovery notes

Exercises that are good for me:

Types of food I should avoid:

Activities I should avoid:

Other notes



Important phone numbers

Member Services:
1-888-756-0004

24-Hour Nurse Call Line:
1-888-632-0009

Rapid Response and Outreach Team:
1-888-643-0005

MTM Transportation:
1-888-913-0364

Emergency:
9-1-1

My PCP or specialist:

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services at **1-888-756-0004**. For TTY, call **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể có thông tin này thông dịch ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi Dịch vụ Thành viên số **1-888-756-0004**.

Puede obtener esta información en otros idiomas y formatos sin costo. También se le puede interpretar esto por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004**.