

CareOregon's From Hospital to Home Program

CareOregon understands that

- Going home from the hospital may be hard.
- You may have health or benefit questions when you get home.
- You may not know who can answer your questions.
- You might not be sure when to call your doctor.

Help is one call away!



CareOregon

Voice: 503-416-4100

Toll Free 1-800-224-4840

Fax: 503-416-3676

TTY/TDD 1-800-735-2900

www.careoregon.org

CareOregon Advantage is a health plan
with a Medicare contract.

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CMS App. 3/31/10

CareOregon's From Hospital to Home Program

*Making the move home
from the hospital easier*



Helpful Phone Calls
from your CareSupport Team
503-416-1434



CareOregon

We can discuss:

Your Medicines

- Getting your medicine.
- Taking your medicine.
- Questions about your medicines.

Seeing Your Doctor

- Making appointments with your doctor.
- What to take to the appointment.
- Asking your doctor questions.

Knowing the Warning Signs

- Knowing what health problems to watch for and when to call the doctor.
- Calling your doctor's after-hours number when the clinic is closed.

Staying Safe at Home

- Doing your daily activities.
- Knowing your options for medical equipment.
- Who is at home to help you?

Home from the Hospital— Next Steps:

In the hospital, you'll get information about taking care of yourself at home. Here is a checklist to help you after your hospital stay.

Taking Medicine

- I have my new medicines at home.
- I know how and when to take my new and old medicines.
- I know why I take each of my medicines.

Seeing my Doctor

- I know when I will see my doctor.
- I have a ride to get there.
- I will take my pill bottles with me to the appointment.
- I have my questions written down.

Knowing my Warning Signs

- I know what health problems to watch for and when to call my doctor.
- I know how to call my doctor after hours.



We look forward to our phone calls. We hope to make your move from the hospital to home easier.

Let's share ideas to improve your health.

Please feel free to call us if you have questions.

Best wishes,

Your CareSupport Team
503-416-1434



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A call from CareSupport staff will make coming home from the hospital easier.