



Keep Your Recovery on Schedule After Your Hospital Stay

As part of your health care team, Highmark wants to help you enjoy the best health possible.

- 1** Schedule a **follow-up doctor appointment** within seven days of being discharged.
- 2** Know your **medications** and take them as prescribed.
- 3** Watch for **signs** that your condition may be worsening. Alerting your doctor early about your symptoms.
- 4** Keep a **personal health record** and share it with your doctor and any new caregivers.
- 5** Call **Blues On Call 24/7** with any questions, 1-888-258-3428, TTY/TTD users may call 711, seven days a week 8 a.m. - 8 p.m.



After a Hospital Stay

- 1** Follow up with your doctor within seven days
- 2** Fill and take your medications
- 3** Watch for possible warning signs
- 4** Keep a personal health record
- 5** Call Blues On Call 1-888-258-3428, TTY/TTD users may call 711, seven days a week 8 a.m. - 8 p.m.



An Independent Licensee of the Blue Cross and Blue Shield Association



120 Fifth Ave.
Pittsburgh, PA 15222

Highmark Choice Company and Highmark Senior Health Company are Medicare Advantage plans with a Medicare contract. Enrollment in Highmark Choice Company and Highmark Senior Health Company depends on contract renewal. Highmark Blue Shield, Highmark Choice Company and Highmark Senior Health Company are independent licensees of the Blue Cross and Blue Shield Association.

Blues On Call is a service mark of the Blue Cross and Blue Shield Association.

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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