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 practitioner (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 **1-888-991-7200**, or **1-888-987-5704 for TTY**. You can also call your PCP or specialist.

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

*24-hour Nurse Call Line: 1-866-566-1513*
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 Pennsylvania 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**
Member Services: 1-888-991-7200
Member Services TTY: 1-888-987-5704
24-Hour Nurse Call Line: 1-866-566-1513
Special Needs: 1-800-684-5503
Emergency: 9-1-1
My PCP or specialist:

The information in this notice is available in other languages and formats by calling Member Services at 1-888-991-7200 or 1-888-987-5704 (TTY).

Esta información también se ofrece en otros idiomas y formatos. Llame a Servicios para Miembros al 1-888-991-7200 o al 1-888-987-5704 (TTY).

Muốn đọc thông tin trong thông báo này được hình thức và ngôn ngữ khác, xin gọi Ban Dịch Vụ Hồi Viễn số 1-888-991-7200 hay số dành cho người khiếm thính giải 1-888-987-5704 (TTY).

Для получения сведений, содержащихся в данном уведомлении, на других языках звоните в Отдел обслуживания по телефону 1-888-991-7200 или 1-888-987-5704 (TTY).

此通知的资料包括其他语言及格式，如需要提供，请致电 1-888-991-7200 或 1-888-987-5704 (TTY) 联系会员服务处。