

Tips for living well and recovering at home after a hospital visit.



A guide for you and your caretakers circle of support

Welcome home! We understand that healing takes time and living well after a hospital visit should be a priority. In order to support your recovery, we've pulled together some easy tips that can help you stay safe and on track.

Always follow your hospital discharge instructions.

Your discharge instructions are really important.

They make sure you are:

- Doing things to help you heal faster
- Taking any medications as instructed; they may have changed during your stay at the hospital

Take your discharge paperwork and medications with you to all of your follow-up appointments.

Track your recovery steps using the Homeward Recovery Log Sheet included in this folder.

Show up to all your follow-up appointments.

Your discharge follow-up appointments are important to keep as they:

- Keep your medical provider up to date on progress that you have made
- Answer any questions or concerns that you may have during your recovery

Make sure to bring with you to those visits:

- Questions for your doctor — use the log sheet to write them down
- The log sheet where you're tracking everything

Take it slow and stick to a routine.

- Rest when you need it, but move a little each day
- Don't rush to "get back to normal" — healing isn't one-size-fits-all — it can take time
- Take medications on schedule, set phone reminders for meds or check-ins
- Eat regularly, even small meals

When to reach out for help:

- **Don't wait until symptoms are serious** to call your PCP or other doctors in charge of your care
- If something feels off, trust your gut and check in with your doctor or your Homeward care team
- **It's okay to ask for help** — that's why we're here

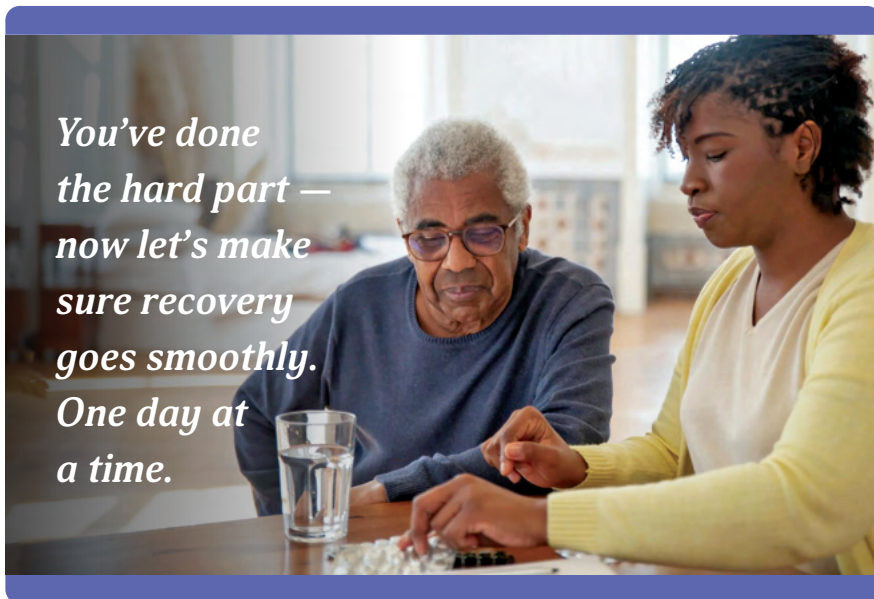
**If it's truly an emergency,
don't delay by calling your
doctor or us,
call 911 immediately.**

Homeward is here for you during recovery and beyond.



We can help:

- **Answer** questions about anything you don't understand
- **Review** your medications and discharge instructions
- **Connect** you with support for transportation, community resources, any needed medical supplies such as home oxygen, shower support, and more.
- **Develop** a recovery plan that is supportive of your individual needs
- **Support** your healthcare goals



*You've done
the hard part —
now let's make
sure recovery
goes smoothly.
One day at
a time.*



CALL US!

**Your Homeward
care team is available for
support and guidance.
We're your helping hand
through recovery.**

(877) 762-6002

Monday through Friday,
8 a.m. to 5:30 p.m. EST.
TTY users, call 711.

*If you are experiencing a
medical emergency, please
call 911 or go to the nearest
emergency room.*

Disclaimer: This document is for informational purposes only; it is not intended as a substitute for the medical advice of a physician, and it offers no diagnoses or prescription. Adherence to a transition of care program may not achieve desired results in every situation. The ultimate judgment regarding the appropriateness of any specific treatment plan or therapy must be made by the provider and the patient in light of all the clinical factors. This document reflects the best available evidence at the time that it was prepared, and it is the provider's responsibility to be aware of any studies that may require changes to this guidance.

A place to track and organize everything you need to keep on top of, to help you recover at home.

Why does keeping track of all of this matter?

Coming home from the hospital is an important part of your recovery. The days and weeks after can be a time to rest, heal, and stay on top of your care plan. This log sheet will make things a little easier — helping you or your caregiver stay organized and catch any concerns early.

How to make the most of this log sheet:

List your medications — including any new ones or changes so you know what to take and when.

Track your follow-up appointments and make sure you don't miss important check-ins.

Use the daily tracker to note vital signs, weight, and how you're feeling. Bring this to your next visit.

Watch for red flags and call your PCP or the Homeward Care Management Team team if anything feels off.

Write down questions as they come up so you don't forget to ask later. (There's a space on the back of this flyer just for that.)

By using this log sheet, you are taking an active role in your recovery — and that's a powerful step forward. **Even small changes in how you feel can make a big difference.**

RED FLAGS

When to Call for Help

- New or worsening shortness of breath
- Fever above 100.4°F
- Chest pain
- Swelling or redness around surgical site
- Not urinating, confusion, or not eating



MEDICATIONS

Medication Name	Dose	Frequency	Purpose	Start Date	Notes

FOLLOW-UP APPOINTMENTS

Date	Time	Provider	Specialty	Location	Reason

DAILY HEALTH TRACKER

Date	Temp. (°F)	BP	Heart Rate	Weight (lbs.)	Symptoms	Notes

CARE TEAM CONTACT INFO

Name	Role	Phone Number	Notes

NOTES / QUESTIONS FOR MY DOCTOR