



# Helping members get ready for a hospital stay



Getting ready for a hospital stay doesn't have to feel overwhelming. Use our simple checklist to help plan ahead, know what to pack, and feel more prepared every step of the way.

**Plus, being prepared can help prevent complications and reduce the risk of returning to the hospital.**

## Top tips to get ready for a hospital visit

- ✓ Stock up on nutritious food and snacks to support healing and hydration. Nuts, high-protein granola bars, fruit, and electrolyte drinks can help reduce hunger in a healthy way.
- ✓ Clear walkways and remove tripping hazards to make moving around safer and easier.
- ✓ Create a comfortable bedroom recovery space, with fresh, clean sheets to help reduce infection risk.
- ✓ Keep essential supplies within reach, like bandages for incisions. Members can ask their doctor if there is anything else they'll need.
- ✓ Members with pets or children should arrange extra support ahead of time in case they need help caring for them.

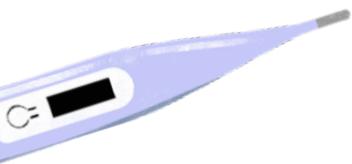


## Members should plan for their admission

- ✓ Members should ask their doctor about any special instructions for their hospital admission, such as needing to fast or stop taking any medications.
- ✓ Members should schedule follow-up visits as soon as their procedure is confirmed.
- ✓ Make a list of all medications they take, including dosages, and bring it with them.
- ✓ Write down any questions they have before going to the hospital.
- ✓ Pack an overnight bag with essential items like a toothbrush, toothpaste, a phone charger, pajamas or comfy clothes for sleeping, and warm socks.

## Members should stay on top of recovery post discharge

- ✓ Confirm follow-up appointments and arrange transportation if needed (Oscar can also help. Just give us a call at (855) 918-6036).
- ✓ Bring discharge instructions and test results to follow-up visits.
- ✓ Members should fill any new prescriptions from the hospital and make sure they have enough of any regular medications.
- ✓ Keep essentials within reach like medications, toiletries, and healthy snacks.



## Oscar is here to support our members

### Dedicated Care Team

We have access to a team of nurses and social workers who can help answer questions about any care received, benefits, or even transportation needs.

Call: (855) 918-6036

### Food Support

Staying healthy goes beyond medical care. Use Oscar's free Community Resource tools to find local food support and other helpful services.

Learn more at [oscar.findhelp.com](https://oscar.findhelp.com)

### Find a Doctor

Need to find a doctor? Log in to the Oscar account to search for in-network doctors near you.

Log in at [hioscar.com/login](https://hioscar.com/login)