



# Planning follow-up care is important

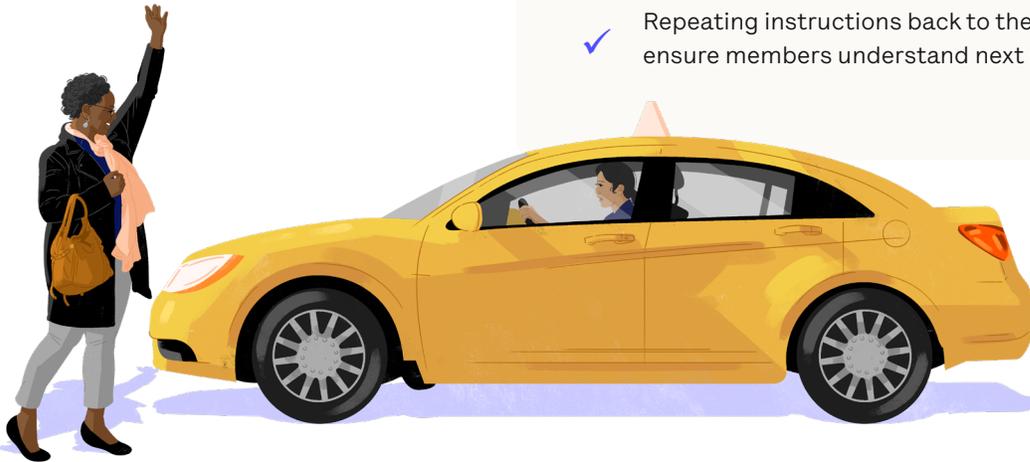
Follow-up visits and care are an important part of healing even if you're feeling better.

**Members should schedule a visit with their primary care doctor as soon as possible. Most doctors want to see patients within 7 days of discharge.**

**Members should make** sure to mention they're scheduling a post-discharge appointment to ensure they can be seen quickly.

*Tip: Members can find their primary care doctor (PCP) info in their [Oscar account](#).*

**Need help making an appointment or arranging transportation?** Call the Oscar Care team at (855) 918-6036.



- ✓ Write down any questions or concerns ahead of time (make sure to bring the tracker).
- ✓ Bring discharge instructions, test results, and medications from the hospital.
- ✓ Members should bring a list of all medications they take, including over-the-counter items.
- ✓ Consider bringing a family member or friend to help take notes.
- ✓ Repeating instructions back to the doctor can help ensure members understand next steps.

## Know when to call the doctor

Members should contact their primary care doctor or nurse if they notice new or worsening symptoms, such as fever, pain, swelling, shortness of breath, or confusion. Call 911 for chest pain that occurs at rest, lasts more than 20 minutes, or is not relieved by nitroglycerin.

# Follow-up medication reminders

Fill all prescriptions as soon as possible.

Take medications exactly as directed. Using a pill organizer can help.

Don't stop or change medications without talking to the doctor.

Report any side effects immediately.

If prescribed nitroglycerin, they should carry it with them at all times and sit down before using it.

Never stop anti-platelet medications (such as aspirin, Plavix, or Brilinta) without medical guidance.

# Members should take care of themselves during recovery

Follow wound-care and dressing instructions carefully.

Keep incision areas clean and dry.

Report signs of infection such as redness, swelling, drainage, or fever.

Gentle movement helps recovery. Short 10–15 minutes walks are encouraged.

For members who smoke, use nicotine replacement to avoid smoking during recovery.



# Eat well and stay hydrated

Follow dietary instructions provided at discharge.

Drink fluids unless the doctor advises otherwise.



# Oscar support is here for members

## Dedicated Care Team

Get support from nurses and social workers for questions about recovery, benefits, or transportation.

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? Members can log in to their account to search for in-network doctors near you.

Learn more at [hioscar.com/login](https://hioscar.com/login)

