

Planning follow-up care is important

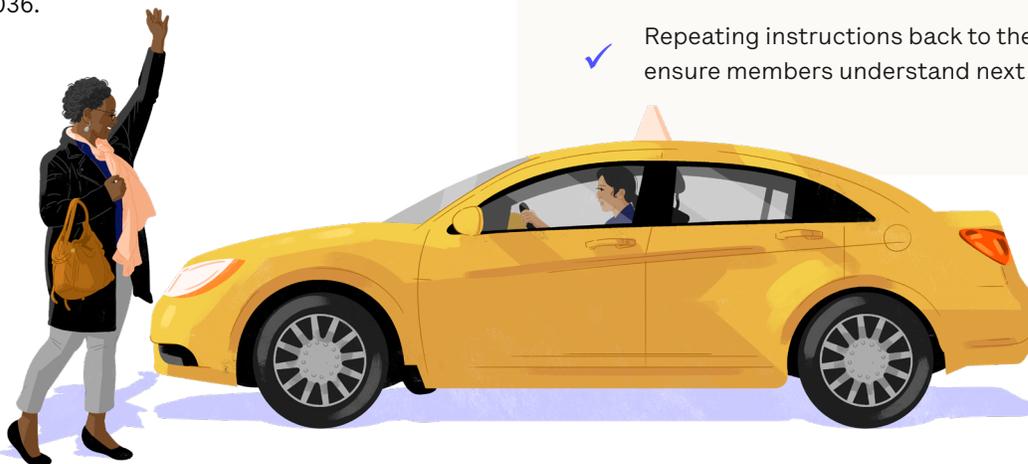
Follow-up visits and care are an important part of healing even if you're feeling better.

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.

- ✓ Members should weigh themselves every morning after using the bathroom and before eating.
- ✓ Members should call their doctor if they gain 2–3 pounds in one day or 5 pounds in one week.
- ✓ If members wake up short of breath or need extra pillows while sleeping to breathe, call the doctor.
- ✓ A worsening cough when lying down may signal fluid buildup. Members should be sure to call their doctor.

Follow-up medication reminders

Fill all prescriptions as soon as possible.

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

Do not stop or change medications without talking to the doctor.

Report any side effects immediately.

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.

Eat well and stay hydrated



Follow dietary instructions provided at discharge.

Drink fluids unless the doctor advises otherwise.

Limit sodium to less than 2,000 mg per day.

Avoid high-salt foods like canned soups, deli meats, frozen meals, and pizza.

If on fluid restriction, count all liquids including ice and foods that melt.

Oscar support is here for you

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

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