





## Follow-up and Aftercare Plans

Staying in treatment soon after being discharged from the hospital is a very important part of your follow-up care. It will help you to stay healthy.

It's a good idea to have a plan that helps to identify early stressors and how you will manage to stay well.

That plan may include:

- Having family and friends visit as your support system
- Developing some coping skills
- Taking medication

The first step in staying well begins with an appointment right after you leave the hospital. It is best when outpatient care begins within **7 days** after your discharge.

## Aftercare Appointments:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Phone: \_\_\_\_\_

## My Medications Are:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

**ValueOptions®**  
**Member Phone Number**  
**Toll Free: 877.688.5970**

If you have special needs that could keep you from going to your Aftercare Appointment, please call the Beaver County Medical Assistance Transportation Program (MATP) at **800.262.0343**



### Remember ...

**Even if you start to feel better, keep taking your medication. It may be the reason you are feeling better. Always talk with your doctor before making medication changes.**