



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.