

What to Expect from Allina Health Home Hospital Care

A hospital alternative in your home

Before You Leave the Hospital

You will receive:

- medicine
- oxygen (if ordered to help your breathing).

During Home Hospital Care

How long you stay in Home Hospital Care will depend on your condition and needs.

You can expect:

- **biometric monitoring kit set-up:** An Allina Health representative will come to your home to set up your biometric monitoring. He or she will explain how to use the thermometer, oximeter, blood pressure cuff and tablet.
- **frequent visits from a nurse:** Starting the day after you return to your home from the clinic, you will receive frequent visits from a nurse. The nurse will determine if you need any other services like physical therapy or a nursing aide.
- **daily virtual visit:** Starting your second day at home, you will have daily virtual visits with your Home Hospital Care provider using the tablet that came in your kit.

Check with your insurance plan to find out if a co-pay will be charged for the virtual visits.

- **remote monitoring:** A nurse will check on your health remotely through your biometric monitoring kit. He or she will contact you if your any of your biometric readings (blood pressure, temperature, oxygen) are outside of normal ranges.

Call 612-262-7571 if you feel your condition is getting worse.

- **24/7 nurse phone line:** Talk to a nurse anytime by calling 612-262-7571.
- **technology support:** If you have any problems with your equipment, call tech support by using the button on your tablet, or by calling 612-246-3766.

After Home Hospital Care

- UPS will pick up your device after your stay in Home Hospital Care. Ask your provider or a member of your care team if you have any questions.

When to Call Home Health or 911

See the chart on the other side.

When to Call Home Health or 911

Problem	Call Home Health	Call 911
breathing troubles	Call if: <ul style="list-style-type: none"> ■ you have more coughing or sputum than usual ■ you are more short of breath or have more wheezing than usual ■ your oxygen levels less than 90%. 	Call if you: <ul style="list-style-type: none"> ■ are unable to catch your breath ■ have no relief from your rescue inhaler ■ are confused or can't easily wake up.
fall	Call if you: <ul style="list-style-type: none"> ■ are dizzy or having trouble with your balance ■ had a recent fall with a small injury. 	Call if you: <ul style="list-style-type: none"> ■ fell and cannot get up ■ had a recent fall with a severe injury or severe pain.
bowel troubles	Call if you: <ul style="list-style-type: none"> ■ have severe constipation ■ have severe diarrhea ■ have problems with your ostomy and aren't able to manage it at home ■ have a black or dark-colored stool ■ have blood in your stool ■ continue to throw up (vomit). 	
bladder troubles	Call if you: <ul style="list-style-type: none"> ■ have a leaking catheter ■ do not have urine in your catheter for 4 hours ■ have not urinated in 4 hours ■ have cloudy urine ■ have a burning feeling while urinating ■ feel swollen or bloated in your belly ■ have bright red blood in your catheter. 	
COVID-19	Call if: <ul style="list-style-type: none"> ■ your oxygen level is less than 90% ■ your cough or breathing is worse ■ you have a fever ■ you have swelling in your legs. 	Call if you: <ul style="list-style-type: none"> ■ are unresponsive or less responsive ■ are confused ■ are unable to catch your breath or speak.