

## What to Expect From Allina Health Home Hospital Care™

*A hospital alternative in your home*

### During Home Hospital Care

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

You can expect:

- **biometric monitoring kit:** An Allina Health representative will explain how to use your biometric monitoring equipment.
- **at-home visits:** A nurse will visit you during your stay. You will also have visits from a physical therapist.
- **virtual visits:** You will have virtual visits with your teleprovider as needed for your condition. You will also have a follow up appointment with your orthopedic or spine care provider in addition to your 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

- A representative from UPS will pick up your biometric kit to be cleaned. Your Allina Health representative will help to explain the process and answer any questions you may have.

### When to Call Home Hospital Care or 911

- See the chart on the other side.

## When to Call Home Hospital Care or 911

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