

What to Expect From Allina Health Home Hospital Care

A hospital alternative in your home

During Home Hospital Care

You will be in the Home Hospital Care program for about 14 days, depending on your condition. The exact time depends on your needs. You can expect:

- **pre-surgery home assessment:** An Allina Health representative will come to your home before your surgery to make sure you have what you need to help you heal in your home after your surgery.
- **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 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 651-635-9173 if you feel your condition is getting worse.

- **24/7 nurse phone line:** Talk to a nurse anytime by calling 651-635-9173.
- **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 Health or 911

- See the charts 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 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.