

5-day Follow-up After A Transitional Care Stay

A proven way to reduce your chances of an unplanned return to the hospital

Why You Need a 5-day Follow-up Appointment

Your transitional care stay is done but your recovery will continue at home. You may be adjusting to medicine changes, feeling more tired, or you may have questions.

A follow-up appointment within 5 days of leaving the transitional care can help:

- make sure you are getting better
- make sure your medicines are right
- keep you from returning to the hospital.

How Your 5-day Follow-up Appointment Will Be Scheduled

Your care team will talk with you about the follow-up visit before you leave. Staff will help make an appointment for you and give you a paper copy of your appointment information.

If you have an Allina Health health care provider, you will receive a call from your clinic or from your care manager 2 to 3 days after you get home.

They will:

- remind you of your appointments
- help you schedule appointments
- review the medicines you are taking
- answer any concerns you may have.



If you have a follow-up with a specialist within 5 days, your follow-up with your primary care provider will be set up within 2 weeks.

What Will Happen at Your Follow-up Appointment

Your provider will check to make sure you are getting better.

A member of your care circle (family member or friend) can go with you to take notes and ask questions.

You and your provider will talk about your story and transitional care stay.

This will include:

- medicines (old and new)
- pain control
- breathing
- bladder and bowel patterns
- how to take care of yourself at home
- any other tests or follow-up visits you need
- when to call for help.

It is important to keep your follow-up appointment, even if you feel well.