



The Choice is Yours... Make it The Right Choice for You

Maintaining Control of & Becoming an Active Participant in Your Care after a Hospital Stay

1. PLAN IN ADVANCE

The Choice is Yours: It's a scary situation to find yourself in the hospital and then discharged to a care facility you've never been to and know nothing about. Don't let this happen to you.

The Choice is Yours: Take the time to visit and tour the area skilled nursing and rehabilitation facilities. **Each care facility is distinctly different.** Ask questions. Talk with the residents and staff. You'll know what feels right for you. If you are not able to take a tour, call and ask questions, visit websites and ask for brochures to review.

The Choice is Yours: Personally make contact with the care facility you've chosen. If you've scheduled an elective surgery, this contact should be made before the date of your scheduled surgery. This will allow the care facility to get a head-start on making preparations for your admission and make the transition as smooth as possible for you.

2. KNOW YOUR MEDICARE/MEDICAID & INSURANCE BENEFITS

The Choice is Yours: Your Medicare benefits are the same, regardless of which care facility you choose. Standard Medicare will pay for your care as long as you have a daily skilled need like physical therapy and have had a recent three night stay in the hospital. The first 20 days of your stay are 100% paid for by Medicare. Days 21-100, Medicare requires a daily co-pay of which most Medicare supplemental policies will pay. If you have Medicare HMO coverage, the plans vary. Your care facility will easily be able to check your benefits for you. Included in your Medicare daily care coverage, Medicare will pay for room and board, physical, occupational and speech therapies, 24-hour skilled nursing, meals, and medications, including IV therapy.

Medicaid is also the same regardless of which care facility you choose. Medicaid will pay for your daily skilled needs.

Private insurance coverage varies depending upon your benefits. Your care facility will check with your provider to determine your benefit coverage and what services are included in your plan.

3. TELL YOUR DOCTOR AND FAMILY WHERE YOU'VE CHOSEN TO RECEIVE YOUR REHABILITATION OR RECOVERY CARE

The Choice is Yours: Don't wait for someone else to make **critical, personal decisions** for you on where and how you will receive your post-operative or recovery care.

The Choice is Yours: Upon admission to the hospital, **tell your doctor and the hospital discharge planner** the name of the care facility where you've chosen to receive your rehabilitation or recovery care.

The choice is yours and the care you'll need is right here in Eau Claire!