

STRESS LESS ABOUT A HOSPITAL STAY



Here are some simple tips to help.

Before you're hospitalized

Plan ahead for the medical bills - Be sure to notify Cigna about your hospitalization to find out what will be covered, and also to make sure the hospital you're going to is covered under your plan.

Make a hospital packing list - The following are suggestions only. Check with your facility about what you are required to bring and/or permitted to have in your hospital room.

- ✓ Your Health Plan ID card, a list of emergency contact names and phone numbers, and any forms the hospital has given you to complete.
- ✓ A list of all medications you are taking and in what dosages as well as a list of any and all allergies. Check with your doctor and the hospital if you should bring your medications with you.
- ✓ Copies of your living will, medical power of attorney, and family medical history.
- ✓ Personal items, such as eyeglasses, hearing aid, extra batteries, dentures and case, canes or walkers.
- ✓ Toiletries, such as soap, shampoo, toothbrush, toothpaste, deodorant, hairbrush, lip balm, skin moisturizer, a shaver, and a bottle of hand sanitizer for your bedside table for yourself and for visitors. Pack for minimal storage.
- ✓ A notebook and pencil to help you remember questions for the doctor.
- ✓ Comfort/relaxation items, such as ear plugs and a sleep mask to help you sleep; pajamas, robe and slippers; clean underwear and socks; a small amount of money (leave credit cards and substantial amounts of money at home); a music player with headphones; one or two photos from home; books or puzzle books; a DVD player or laptop computer etc. and cell phones and chargers (check to be sure they are permitted).

Help is a click or call away - 24/7/365

- › Log in to **myCigna.com** or the myCigna® App for easy access to a broad range of support programs to assist you before, during and after your hospital stay.
- › Call the Cigna Health Information Line (HIL) at any time to speak with a clinician about questions or concerns you may have.

Together, all the way.®



Make sure your wishes are known to your loved ones – Before you go to the hospital, fill out an advance directive/living will* and medical power of attorney.** It's smart to have these ready, and for family members to know where they are. In the unlikely event they are needed, they can make sure your wishes will be carried out, and help to ease a stressful time for your family.

Take care of household necessities before you're admitted – Knowing things at home are under control and will be maintained while you're in the hospital will help alleviate unnecessary stress. Arrange as early as you can for any child or pet care, mail collection, yard care and refuse collection, as well as making sure bills will be paid on time.

Prepare for when you come back home – Talk to your doctor about the kind of care and services you will need after you are discharged and make those arrangements well in advance of your hospital visit.

Ask if you will need home health care services such as home care nurse visits and, if so, how these will be set up. Also find out if you may need any special equipment, such as oxygen or a walker, and arrange for them now.

Day-of checklist

- › Bathe. Use antibacterial soap if required.
- › If you're having surgery, don't shave the surgery area yourself.
- › Remove any nail polish or makeup.
- › Remove all jewelry, including wedding rings, and leave them at home.

After you're discharged

Post-discharge meds

- › Ask your doctor if there are any post-discharge alterations in the prescriptions and/or dosages you were taking prior to your hospitalization.
- › Ask about any new medicines you will need, how to take them, and if there are any side effects.

Post-op care

- › Learn how and when to change bandages and dressings.
- › Find out when you will need to see the doctor again.
- › Will you need any follow-up tests or physical therapy? Who should you contact to set these up?
- › Are there any restrictions on what you can eat and drink?
- › How active can you be – ask about how soon you can return to normal daily activity and how long until you can return to strenuous exercise; follow your doctor's instructions closely.
- › Find out what number you should call in case of any unforeseen problems once you return home.

Remember: You play an important role in getting the best results from the treatment or procedure you received. So be sure to rest, recover and take good care of yourself.



*Advance directives are instructions about your medical care should you become unable to make those decisions for yourself, for instance if you were unconscious or too ill to communicate. Each state regulates the use of advance directives differently. A living will is a written advance directive that takes effect when patients are unable to communicate their wishes for themselves.

**A medical power of attorney is a legal document that provides the legal right for your designated representative to act in your behalf if you are not able to make decisions about your medical care. The powers in this document are limited to decisions regarding a patient's medical care only.

This information is for educational purposes only. It is not medical advice. Always consult your doctor for appropriate examinations, treatment, testing and care recommendations.

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