



Medication Importance

- Follow the directions about your medication and take it as prescribed.
- Don't stop taking your medication if you have any side effects without talking to your PCP first.
- Ask your doctor or PCP if you have questions about your medication.
- Go to your follow-up appointment to get a refill on your medication.
- Keep a list of all medications.
- Read labels on prescriptions; become educated on what you're taking.
- Don't use others' medications.
- Store medications properly.



How do I get help?

Please contact us at:

702-364-1484 or
1-800-873-2246, TTY 711

Please contact BHO if you are unable to keep an appointment, or if you have any questions about your follow-up appointment.

My follow-up appointment schedule:

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.



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Your Follow-Up Appointment

Taking Care of Your Health





Why Do I Need a Follow-Up Appointment?

Going into the hospital for any reason can be stressful.

Behavioral Healthcare Options (BHO) would like to make sure you get the best possible health care. We are here to help you during these difficult times in your life.

Research shows up to 40% of patients who are hospitalized at a mental health facility will need to go back to the hospital within a year.

Best practices indicate that patients who had follow-up visits soon after being released were less likely to return to the hospital.

Follow-up appointments are an important tool for preventing future crises. It is common to have a “flight into health” when the worst of the symptoms of a mental health problem pass. It becomes tempting to move on in hopes that the issues are behind you.

Most mental health conditions today are very treatable. Success in treatment requires time and effort.

Outpatient care after hospitalization is intended to complete the treatment started as an inpatient, and prevent a relapse of symptoms. Following through with outpatient treatment will help you reach the best possible outcome.



How We Can Help?

Our associate clinical administrative coordinators (ACACs) can assist you in finding the appropriate resources. BHO can help you schedule your mental health appointments once you have been discharged from the hospital. BHO will also contact you to remind you of your appointment and can help answer any questions you may have.

Your primary care provider (PCP) can try to help you with your mental health needs, which includes staying out of a facility. This can be done by guidance on the importance of taking your medication regularly. They can also help you improve your overall quality of care and answer any questions you may have.



Questions?

Do you have other questions for your doctor? Would you like to talk with your doctor about your questions?

Write them down here. Please use additional paper if necessary.

Take this brochure to your appointment.



Have You Signed a Release of Information About Your Care?

Signing a Release of Information form will allow the hospital to send information about your treatment to your mental health professionals and your PCPs. This is important, especially if you have been prescribed medications.