

## Care Fit to Your Needs

Our healthcare team can coordinate your care with other services you might need to make your recovery quick and successful.

We can help with;

-Referrals

-Supply Orders

-Additional Healthcare Services

-Billing Assistance

## What can you expect?

Your CBH team member is here to help you. When working together, you will have a chance to explain the things that are really important to you. Your team can answer questions and help you follow your discharge instructions.

Working with your team may improve the quality of your healthcare and shorten the time it takes to get better.

You can reach us any time during and after office hours by calling:

**(269) 251-8781**

To reach our main clinic, please call:

**(269) 467-3228**

(after-hours: **option 7** will connect you to a team member)

Please be prepared to give your name and date of birth so that we can correctly identify you.

**Our clinic is located at;  
658 Main Street, Centreville MI**



To contact our pharmacy, please call:

**(269) 467-3510**

**Covered  
Bridge  
Healthcare**

*of St. Joseph County*



## In Home Visits Out-Patient Care

Home care is an important part of recovery after you have visited the hospital or emergency room.

Your CBH healthcare team member will visit you at home, to help you understand your out-patient care plan and support your recovery.





## Your Care Services:

- Day or Day After Hospital/ER Discharge Visits
- Medication Management
- Wound Care
- Durable Medical Equipment
- Nutrition Counseling
- Referrals as Needed
  - Occupational Therapy
  - Physical Therapy
  - Specialty Therapy
  - Eye/Oral Referrals
- Laboratory Services
- Insurance Guidance
- Access to Community Resources

## To help prepare for your visit, you can use this handy checklist

- Please have ready any current medications with you to show your team
- Please have available your ER/Hospital discharge records
- If you see any other health professionals, please have their information ready so our team can coordinate your care
- Write down your questions in advance
- Write down the answers your team gives you
- Use your own words to repeat back the things you've discussed with your team
- Ask your team how you can prepare for your next visit

## What can **you** do to help?

### Take care of your health

- Follow your discharge plan
- Set goals you can reach
- Understand your plan of recovery
- Discuss adding new approaches as you see results

### Be an active team player

- Ask your medical team questions
- Provide a complete medical history
- Talk about any other health professionals who care for you
- Tell your team member about any medications or herbal medicine you are on
- Tell your team how you feel about your care and share your suggestions

**Tell your team if you are having trouble sticking with your care plan. Speak up if your care plan is not working so together you can make changes.**