

This information is not intended as a replacement for medical advice. Please speak with your doctor before making changes to your current lifestyle.



## Quality Care

# FOLLOW-UP FOR BEHAVIORAL HEALTH



1 Cameron Hill Circle | Chattanooga, TN 37402 | [bcbst.com](http://bcbst.com)

For TDD/TTY help call 1-800-848-0299.

Spanish: Para obtener asistencia en Español, llame al 1-800-565-9140

Tagalog: Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-565-9140

Chinese: 如果需要中文的帮助, 请拨打这个号码 1-800-565-9140

Navajo: Dine'ehgo shika at'ohwol ninisingo, kwijijigo holne 1-800-565-9140

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Follow-up for Behavioral Health



Seeing a doctor regularly is always important, but some conditions require you to follow up with your doctor sooner than others.



### Follow up after being discharged from the hospital

If you've been in the hospital for a chronic medical condition or mental health problem, it's important that you follow up with your doctor as soon as possible. Your doctor will want to check for things like whether you are taking your medicines correctly, if your medications are working properly or if you are healing properly. This will ensure that everything is on track to keep you from needing to go back into the hospital. Before you are discharged make sure that hospital personnel make an appointment for a doctor's visit. Follow up should occur within the following time frames:

- + **After mental health hospital visits, no later than seven days from the time you are discharged.**
- + **After hospitalization for a chronic medical condition or surgery, within two weeks from the time you are discharged.**

Make sure you keep the appointment! If you know you will have a problem such as lack of transportation, let someone at the hospital know. They can help you.



### Follow up after being diagnosed with a drug or alcohol problem

If you have been diagnosed with a drug or alcohol problem, it's important that you begin treatment early. Early treatment improves your chances of getting better.

Make sure your doctor schedules a follow-up visit for treatment within 14 days of being diagnosed. Two additional visits should be scheduled **within 30 days of the initial treatment visit.**



### Mark Your Calendar!

Make sure to keep your follow-up appointment! Early follow-up care ensures that the treatment your doctor has prescribed is working and that you are not having any problems with it.