



What to Expect After a Hospital Stay

Going home after a hospital stay is an important milestone, but it's also the beginning of your recovery. What you do next matters—and can help prevent a return trip to the hospital.

Follow Your Discharge Instructions

You'll receive a discharge summary when you leave the hospital. Read it carefully and follow every instruction. It includes details about your care, medications, and what to watch for at home.

Take Medications as Directed

Pick up all your prescriptions and take them exactly as instructed. Have questions or can't afford your medication? Call your provider's office for help—don't skip or stop your meds on your own.

Schedule Your Follow-Up Appointment

Be sure to see your PCP—or any available family or internal medicine provider—within 14 days of leaving the hospital. Bring your discharge paperwork and updated medication list to every follow-up visit.

Know When to Call

If you have new or worsening symptoms, reach out to your doctor. After hours, call the After-Hours Nurse Hotline at 713-442-0000 (TTY: 711). They'll guide you on next steps and help you avoid unnecessary ER visits.

Check on Home Health Services

If you were prescribed home health services or medical equipment and haven't received them, let your provider know. Your care team can help get things back on track.

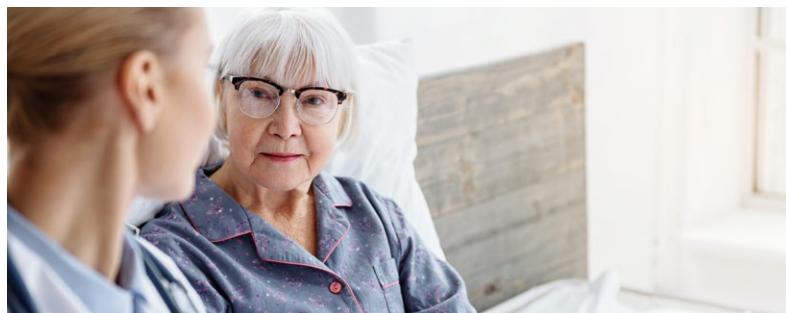
Ease Back Into Routine

Get plenty of rest, eat well, stay hydrated, and move around as you're able. Accept help from friends and family when needed.

Don't Forget MyKelseyOnline (MKO)

After your hospital stay, MKO makes it easy to stay in touch with your care team. You can check test results and send secure messages—right from your computer or phone.

You might also see a scheduling reminder in MKO for upcoming appointments.



Need help? Just ask.

We're here to help you recover well—one step at a time.

Hurricane Season Is Here: Be Ready, Stay Safe

Hurricane season runs from June 1 to November 30, and early preparation can make all the difference. Here's how to help make the season less stressful.

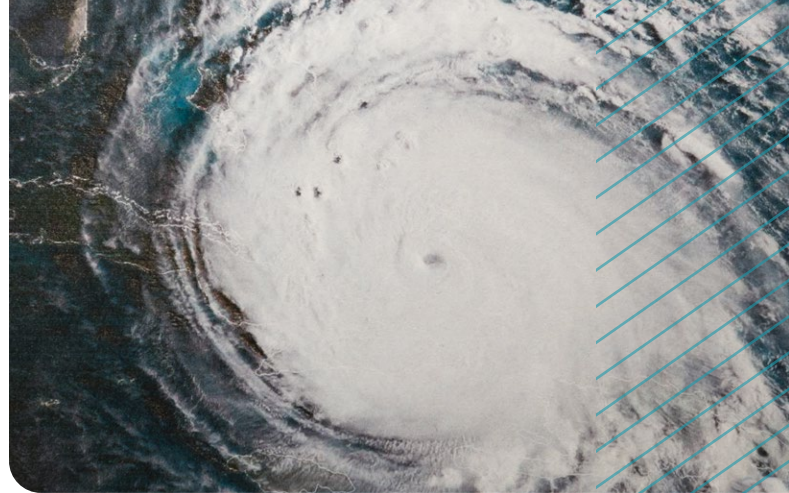
Make a Plan

- Stay Informed: Follow local news, weather, and official alerts.
- Evacuation Plan: Know your routes and have a plan.
- Get Alerts: Sign up at ready.gov/alerts.
- Insurance: Secure home and flood coverage early.
- Support Network: Coordinate with family or friends.
- Pet Prep: Plan for pet care if you evacuate.

Build an Emergency Kit

Ensure your kit includes:

- Water: 1 gallon per person per day (3-day minimum)
- Food: 3-day supply of non-perishables
- Medications: Talk with your doctor about having ample supply
- Flashlights & Batteries
- Battery-Powered Radio
- Phones & Chargers: Include backups
- First Aid Kit
- Important Documents: IDs, medical, financial
- Cash: Small bills
- N95 Masks
- Pet Supplies: Food, meds, leash
- Blankets or Sleeping Bags



Secure Your Medical Needs

- Medications: Plan storage for refrigerated meds.
- Equipment: Have backup power for devices like CPAPs.
- Records & ID: Keep medical info and KelseyCare Advantage ID handy.
- Contacts: Update your emergency list.
- Talk to Your Doctor: Review your prep plan with your care team.

Local Resources

Find more hurricane prep info at:

[Red Cross](#), [Ready.gov](#), [Ready Harris](#), [United Way Houston](#), [FEMA](#), and the [Houston-Galveston Area Council](#).

Stay Alert

Sign up for local alerts at ready.gov/alerts and download the free Red Cross Emergency app.

Be Ready Before the Storm Hits

Download our [Hurricane Preparedness Guide](#) for a more detailed checklist, planning tips, and important resources to help you stay safe and informed.

Protecting Yourself from Respiratory Illness

Respiratory illnesses like the flu and COVID-19 can be serious, especially for older adults. Taking preventive steps and knowing how to manage symptoms can help you stay your healthiest year-round.

Preventing Illness

- **Get Vaccinated:** Flu and other upper respiratory illnesses are on the rise, but a quick vaccination can help keep you healthy. Plan to stay updated with your immunizations.
- **Wash Your Hands:** Clean hands frequently to prevent the spread of germs.
- **Wear a Mask in Crowded Areas:** This can lower your exposure during peak illness seasons.
- **Stay Healthy:** A balanced diet, regular activity, and good sleep support your immune system.

If You Get Sick

- **Follow Your Doctor's Plan:** Take prescribed medications as instructed, and ask about over-the-counter options.
- **Rest and Hydrate:** Give your body time to heal by drinking plenty of fluids and getting extra rest.
- **Watch for Severe Symptoms:** Seek medical care for difficulty breathing, chest pain, or worsening symptoms.
- **Stay Home:** Avoid contact with others until you're fever-free for 24 hours without using fever-reducing medications.

Recovering and Staying Strong

- **Ease Back into Activities:** Rest first, then gradually return to your routine.
- **Stay Up to Date on Vaccines:** This helps protect against future illness.
- **Prioritize Nutrition and Sleep:** A healthy lifestyle strengthens your immune system.
- **Download Our Flu Recovery Guide:** For additional tips on what to do after a flu diagnosis, download [Managing Your Health: After a Flu Diagnosis](#).

Taking these steps can help you stay well and recover faster if you do get sick. If you have questions, talk to your provider.



Flu Shot Season Starts Soon

Flu shots will be available later this summer —typically by August or September. Getting vaccinated is one of the best ways to protect yourself and those around you.

Members can get their seasonal flu shot for \$0, no appointment needed. Just visit a Kelsey Pharmacy, HEB Pharmacy, or CVS Pharmacy in the Greater Houston area.

New! Caregiver Support Page Is Now Live

Caring for someone else can be both rewarding and overwhelming—and now there's a dedicated place to turn for support.

We're excited to announce that our new web page, Support for Caregivers, is officially live! Whether you're a caregiver yourself or supporting someone who is, this page offers a centralized hub of practical tools and guidance to make the journey a little easier.

What You'll Find

The Caregiver Support page includes:

- Helpful tools and checklists
- Planning resources
- Important forms
- Links to community and support services

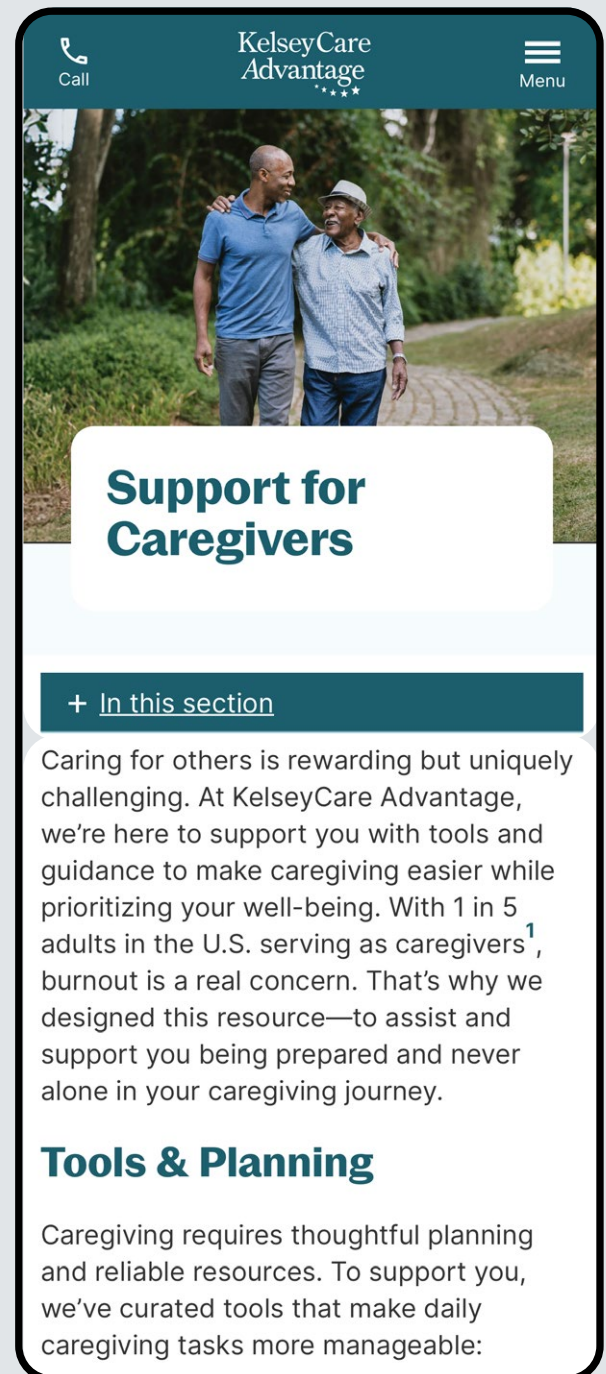
You'll also find two new downloadable guides:

- Caregiver Guide: A practical tool to help you stay organized, keep track of important information, and plan ahead
- Medication Tracking and Adherence Guide: A simple, effective way to manage medications and build healthy routines

Visit the Page

Explore the new Caregiver Support page today—and share it with others who may benefit.

[Visit the Caregiver Support Page](#)



KelseyCare Advantage

Support for Caregivers

+ [In this section](#)

Caring for others is rewarding but uniquely challenging. At KelseyCare Advantage, we're here to support you with tools and guidance to make caregiving easier while prioritizing your well-being. With 1 in 5 adults in the U.S. serving as caregivers¹, burnout is a real concern. That's why we designed this resource—to assist and support you being prepared and never alone in your caregiving journey.

Tools & Planning

Caregiving requires thoughtful planning and reliable resources. To support you, we've curated tools that make daily caregiving tasks more manageable:

CAMPUS SPOTLIGHT:

Berthelsen Main Campus on Holcombe

Located just outside the Texas Medical Center, the Spencer R. Berthelsen Main Campus is Kelsey-Seybold's flagship location—offering a broad range of medical specialties, advanced diagnostic services, outpatient surgery, and coordinated care all in one convenient place. Patients can also receive nationally recognized, comprehensive cancer services at Kelsey-Seybold's Cancer Center located at Berthelsen Main Campus.



Comprehensive Medical Specialties and Services

The Berthelsen Main Campus offers a wide variety of specialties and services, including:

- Allergy
- Cardiology
- Dermatology
- Endocrinology
- Family Medicine
- Gastroenterology
- Gynecology
- Infectious Disease
- Internal Medicine
- Neurology
- Oncology
- Ophthalmology and Optometry
- Orthopedics
- Physical Medicine and Rehabilitation
- Plastic Surgery
- Pulmonary/Sleep Medicine
- Rheumatology
- Urology
- And many more!

On-Site Conveniences

- Kelsey Pharmacy
- Imaging and Diagnostic Testing
- Laboratory Services
- Ambulatory Surgery Center
- Kelsey-Seybold Cancer Center

Location and Contact Info

Berthelsen Main Campus
2727 West Holcombe Blvd.
Houston, TX 77025

Hours

Clinic Hours

Monday-Friday: 8 am - 5 pm

Lab Hours

Monday-Friday: 7 am - 6 pm

Radiology Hours

Monday-Friday: 7 am - 6:30 pm

Pharmacy Hours

Monday-Friday: 8 am - 6 pm



Appointments: Call 713-442-4300, visit [our website](#), or use [MyKelseyOnline](#)

For more information, visit the [Berthelsen Main Campus](#) web page or [view/download the clinic flyer](#).



[Driving Directions](#)

Summer Self-Care Bingo

Looking for a fun and simple way to take care of yourself this summer? Try our Summer Self-Care Bingo challenge!

Each square is an easy, feel-good activity to support your physical and emotional well-being. Complete five in a row, or go for a blackout and fill them all in!



- ✓ Find your bingo card on this page
- ✓ Set your own pace—do a few a week or challenge a friend to join you
- ✓ Cross off each one you complete and celebrate your wins!

Let this be a fun reminder to slow down, care for yourself, and enjoy the season—one square at a time!

Drink 8 glasses of water	Call or text a friend	Go for a short walk	Enjoy a healthy snack	Sit outside for 10 minutes
Listen to your favorite song	Read for 20 minutes	Write down 3 things you're grateful for	Try a new fruit or veggie	Stretch for 5 minutes
Watch a sunset	Do a quick tidy-up	FREE SPACE	Water a plant or garden	Wear sunscreen
Compliment someone	Journal your thoughts	Take a break from screens	Watch something that makes you laugh	Dance to music
Sleep 7+ hours	Schedule a checkup	Do a random act of kindness	Try deep breathing	Make a fun summer memory

Re-Discover the KelseyCare Advantage

Time for a benefits refresher? Whether you're a new member or just need a quick review, our [Discover the KelseyCare Advantage page](#) has you covered. Each month, we break down different benefit topics in easy-to-digest segments. Even if you're a seasoned member, it's worth it to stay informed and make the most of your membership.

Visit our [Discover the KelseyCare Advantage page](#) regularly to explore the latest topics and rediscover the advantages of being part of the KelseyCare Advantage community.

Thrive All Year: Monthly Tips for Your Health & Happiness

Each month brings new opportunities to focus on your well-being. Mark your calendar with these seasonal reminders to stay on track with your health goals:

JULY **Schedule That Eye Exam**

July is Healthy Vision Month, the perfect time to prioritize your eye health. Schedule your annual eye exam. If you have diabetes, ask your care team about a teleretinal screening—a quick and easy way to check for diabetic eye disease.

AUGUST **Stay Up to Date on Vaccinations**

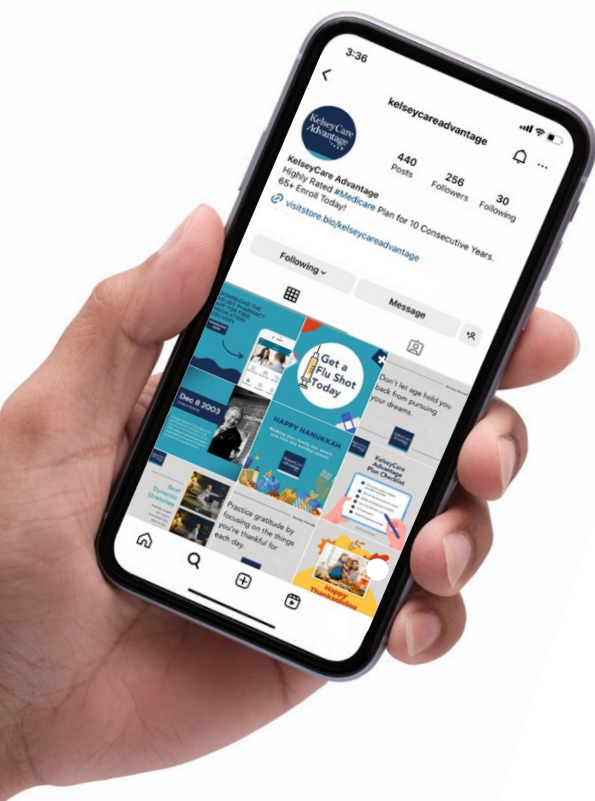
August is National Immunization Month, a great reminder to review your vaccine records. Staying current helps protect you and your loved ones from preventable illnesses like flu, pneumonia, and shingles.

SEPTEMBER **Embrace Healthy Aging**

Celebrate Healthy Aging Month by incorporating habits that support long-term wellness—like regular movement, nutritious meals, social connection, and routine screenings.

Your health is a year-round journey. Focusing on small steps each month can lead to lasting results and a happier, healthier you.

Connect with us on social media!



Don't forget to stay social with us. If you haven't already, then please connect with us on Facebook, Instagram, and LinkedIn! On our social media sites, you'll see a variety of health and lifestyle features, KelseyCare Advantage plan updates, and you can see Kelsey-Seybold Clinic updates such as clinic closures or changes to hours of operation due to bad weather.

- See cutting-edge health information and share it with your friends and family.
- Contact us with questions that you have about your plan.

We hope to connect with you soon!

