



Hospital Prevention Checklist

Planning ahead and preparing for the holidays is the best way to stay healthy and avoid going to the hospital.

- Make sure you always have at least a two-week supply of your medicines.
- Get your flu shot.
- Have glucose tablets on hand (if diabetic).
- Don't skip health appointments or dialysis treatments.
- Know your dialysis center's holiday schedule and make sure you have enough dialysis supplies (if on dialysis).
- Have a transportation plan for getting to and from appointments.
- Make sure you have enough to eat and drink at home.
- Check to see if any medical equipment in your home needs to be serviced before holiday closures.
- Make sure your CPAP/BiPAP machine has enough distilled water for the holidays (if applicable).
- Make an emergency contact list and keep it with you in your purse or wallet.
- Keep an updated list of your medical history, medicines, and dosages with you.



Need help with your health over the holidays?

Somatus nurses are available 24/7 to help our members with non-emergency situations at **(855) 851-8354, ext. 9**

Not a Somatus member? Contact your doctor or health plan for support.

