



Hospital Prevention Checklist

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

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



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.

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More Lives, Better Lived.®

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