

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.



These materials do not provide medical advice. The information contained in these materials is for educational purposes and is not intended to be a substitute for medical advice, diagnosis, or treatment. Always seek the advice of your healthcare provider with any questions you may have regarding a medical condition or treatment, and never disregard professional medical advice or delay seeking it because of something you read in these materials. If you are a Somatus member, call (855) 851-8354 to speak to your health support team. If you are not a Somatus member, please speak with your healthcare provider.