

计划出院后入住专业护理机构(SNF)

作为出院计划的一部分，您的医疗团队建议您前往专业护理机构(SNF)进行康复疗养。目标是找到一个能够满足您的医疗和个人护理需求的护理机构。

重要提示： 由于护理机构床位有限，入住流程需尽快完成。尽早做出选择有助于确保您拥能够：

- 更容易、更快捷地离开医院
- 持续得到所需的护理
- 被安排到一间您比较喜欢的护理机构。

第一步：选择合适的专业护理机构 SNFs

医疗团队会以您选定的城市或社区为中心，在其方圆 15 英里内寻为您寻找合适的专业护理机构 (SNF)。我们会为您提供一份包含以下信息的名单：

- 已表示接收您的机构
- 已表示拒绝您的机构



第二步：了解专业护理机构

强烈建议您：

- 致电相关护理机构提问题
- 如允许，可参观现场或在线上参观。
- 请访问联邦医疗保险网站 [Medicare.gov](https://www.medicare.gov) 查看该护理机构的 CMS 星级评分。该网站提供在您附近的不同护理机构的质量和方面的信息。



如果 24 小时内无法安排实地参观，视频参观和电话咨询都是不错的选择。

第三步：您的选择（需要迅速做出决定）

我们敬请您或您的授权代表在 **24 小时内**，从已接受了您的专业护理机构（SNFs）中选出至少 3 家作为您的选择。



请扫码获取本讲
义电子版。

第四步：审批和安置

当您做出选择后，护理团队将：

- 取得您的保险公司的批准，让您入住您选择的、有空床位的护理机构之一。
- 与护理机构合作安排您的转院事宜。

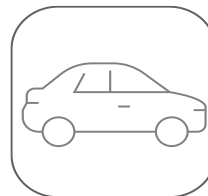


第五步：入住专业护理机构

一旦获得保险公司批准且床位准备就绪，您的医疗团队将：

- 完成您的出院手续
- 准备好您的医疗记录和处方药物。

我们会和您及您的家人商讨前往护理机构的交通事宜。如果您无法乘坐家人或朋友车辆出行，我们将帮助您安排其他交通方式。



出院当天：

- 您将收到有关药物、后续就诊和持续护理的说明。
- 请确保您的个人物品已打包完毕。
- 我们会告知护理机构您的到达时间，他们会做好准备继续为您提供护理。

如果您有任何疑问或担忧，请与您的医疗护理团队联系——我们随时为您提供帮助。

有提问吗？

您的提问很重要。如有任何疑问或担忧，请致电您的医生或医疗服务提供者。

Planning Your Discharge to a Skilled Nursing Facility (SNF)



As part of your plan to *discharge* (leave the hospital), your care team is recommending you go to a *Skilled Nursing Facility* (SNF) for a rehab stay. The goal is to find a place that meets your medical and personal care needs.

Important: This process needs to move quickly because spaces at SNFs can fill up fast. Making choices as soon as possible helps make sure you have:

- An easier and faster move from the hospital
- Continued access to the care you need
- Placement at one of the SNFs you prefer

Step 1: Choosing Possible SNFs

Your care team will find SNFs within 15-miles of the city or neighborhood you choose. We will give you a list that shows:

- Facilities that have accepted you
- Facilities that have said no



Step 2: Learning About the Facilities

You are strongly encouraged to:

- Call the facilities to ask questions
- Take in an in-person or virtual tour, if available
- Check the facility CMS (Medicare) Star Ratings on Medicare.gov. This website has information about the quality and safety of different facilities near you.



If you cannot do an in-person tour in 24 hours, video tours and phone calls are good options.

Step 3: Your Choice (Needs to Be Quick)

We will ask you or your representative to choose at least 3 SNFs that have accepted you **within 24 hours**.



Scan for a
digital copy of
this handout.

Step 4: Approval and Placement

When you make your choice, the care team will:

- Get insurance approval for 1 of your SNF choices that has a bed available
- Work with the SNF to set up your transfer



Step 5: Moving to the SNF

Once insurance is approved and a bed is ready, your care team will:

- Finalize your medical discharge orders
- Prepare your medical records and prescriptions



We will talk with you and your family about transportation to the SNF. If you cannot go in a car with family or friends, we will help make other transportation plans.

On the day of discharge:

- You will get instructions about your medications, follow-up visits, and ongoing care.
- Make sure your belongings are packed and ready.
- We will tell the SNF what time you will arrive, and they will be ready to continue your care.

If you have any questions or concerns, please talk with your care team - we are here to help.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.