3 THINGS TO DO BEFORE LEAVING THE HOSPITAL

1. **Understand what HE is**
   
   HE is one of the primary complications of cirrhosis. Overt HE causes mental and physical symptoms.
   
   Ask a healthcare provider to explain, or visit ManageHE.com

2. **Understand the risks of HE**
   
   Once you have experienced an overt HE episode, you are at high risk for:
   
   - Overt HE recurrence
   - HE-related hospitalizations

   Ask a healthcare provider about the risks, or visit ManageHE.com

3. **Make a plan for ongoing therapy**
   
   Ask your healthcare provider about medications for ongoing management of overt HE, or visit ManageHE.com

HE = hepatic encephalopathy.
3 THINGS TO DO AFTER LEAVING THE HOSPITAL

1. Fill prescriptions and take your HE medications
   After an episode of overt HE, ongoing management is recommended to reduce the risk of overt HE recurrence.

2. Schedule follow-up appointments
   A healthcare provider can help you manage overt HE. Follow up with your healthcare provider as soon as possible after your discharge from the hospital.

3. Text REDUCE to 90803 to enroll in H.E.L.P. today*
   • For Spanish speakers text REDUCIR to 90803
   The HE Living Program (H.E.L.P.) offers text message support for adults living with HE, including:
   • 24-hour educational support texts
   • Prescription refill and appointment reminders
   • Copay support for eligible patients

You will be asked to text back the word AGREE in order to join the program. After texting back AGREE, you will be asked to answer four short questions that will allow us to personalize the program to suit your needs.

*At no cost with an unlimited texting plan; otherwise, message & data rates may apply. Message frequency determined by user. Text HELP to 90803 to help. Text STOP to 90803 to cancel at any time. For terms, visit cs1.me/heliving