

# Planning for Surgery?

Know more.

**Choose better.**



**LifeWorks** Rehab<sup>®</sup>





Many people know how to plan for a surgery. You talk to your doctor, research hospitals, learn about the procedure, and do all of your homework and planning to prepare.

### **BUT WHAT ABOUT RECOVERY?**

It's super important – choosing the right care is essential to making a full recovery (and staying out of the doctor's office, too). Here are the best first steps to take when planning for your post-surgery recovery.

Start here:

1

Learn your options

As soon as you know you will need surgery, it's time to start considering your options for recovery. **The first thing to realize is that you have a choice!**

2

Talk to your doctor

Your doctor is the perfect place to start. Make sure you discuss your best post-surgery recovery options with your physician.

3

Get some good opinions

Talk to your friends, and family. Chances are someone you know has needed post-surgery care. See which centers they recommend.

4

Know what's covered

Insurance can be hard to understand. Learn early on about your insurance coverage and find out what your plan covers and what it doesn't.

5

Ask all the questions you can

When you're exploring your options, ask lots of questions! Visit [LifeWorksRehab.com](http://LifeWorksRehab.com) to download a checklist of questions to ask, and call one of our centers to speak with an expert.

6

Make your decision

With all of the information from your research in hand, it's time to sit back and think it all over. Look at all the options and make the choice that's best for your needs.

7

Pre-register

Once you've decided on a center, let them know! They'll make sure your paperwork is all in order and everything is in place and ready for you after your surgery.

8

Go time!

With the plan you've put in place, you'll be able to focus 100% on your recovery after surgery. It's the best way to get back home healthy, strong, fully recovered and FAST!

## Your Post-Surgery Recovery Planning Timeline



## The LifeWorks Rehab Difference

Clinically developed to get you home faster, stronger, and healthier than ever



7-days-a-week therapy



Clinically proven therapy programs



Back home fast, strong & healthy



Unique recovery tools



World-class disinfecting

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