



Maryland's hospitals are reinventing health care—for you.

Maryland is leading the nation in expanding the focus of health care, from treating you when you're ill or injured to helping you stay healthy in the first place. This is ***A Breath of Fresh Care*** for all Marylanders.

Turn over or go to
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to learn more >





A breath of **FRESH CARE**

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How A Breath of Fresh Care works

Maryland's hospitals are reaching into your community to better serve you. For example:

- Before you leave, many hospitals are making sure you have your prescriptions and a follow-up appointment with your doctor
- After your stay, hospitals are helping guide you to the doctors, medications, and services you need to get healthy and stay that way
- If you have a chronic disease like diabetes or congestive heart failure, hospitals are offering support services to help you
- Hospitals are providing wellness services in the community and at the hospital, such as fitness classes and blood pressure screenings, smoking cessation programs and more
- They are bringing care directly to neighborhoods with mobile health clinics
- Hospitals help patients designate a family member or friend as official caregiver, keep them informed during a stay, and prepare them for care at home during discharge

Get healthy and live well—you can find programs like these and many more at every hospital in Maryland and at convenient locations in your community. Check with your local hospital to see what's near you by visiting **breathoffreshcare.org**.

Marylanders are benefiting from this new approach.

- Hospital infections are down more than 30%
- Because more people are getting the right care, at the right time, in the right setting, fewer people need to be admitted to the hospital
- Better management of chronic health conditions means you feel better and can lead a fuller life



Maryland Hospital Association

Connect with your hospital

Visit **breathoffreshcare.org** to find your local hospital and see all the ways it is reinventing health care for you.

Partner Organizations

- [Maryland Hospital Association](#) ■ [Maryland Faith Community Health Network – A Project of the Maryland Citizens' Health Initiative Education Fund, Inc.](#) ■ [AARP Maryland](#)
- [NAACP Maryland State Conference](#) ■ [Young Invincibles](#)