Visitor restrictions have had a major impact on staying connected to your loved ones. We recognize this is a difficult time for everyone and we want you to know the safety of our team members, patients and communities is our top priority.

**Tips to keep connected about your loved one's (patient's) care while they are in the hospital:**

1. The patient and/or their decision maker will choose **one person** to be the **main contact** for their care team. Make sure that **phone number is written down or accessible** in the patient's mobile device.

2. Discussion with the care team will occur regarding the **frequency of updates** related to your loved one’s care.

3. If you have questions after your call with the care team, **write them down so they may be asked during the next call.**

4. Should the medical condition of your loved one change, **the care team will contact you.**

5. **Share** updates with others.

6. **Visit spectrumhealth.org** for more resources to help you stay connected.