

Preparing for your stay



1702 Hillcrest Dr., Bellevue, NE 68005 | (402) 291-8500

DIRECTIONS: Take Interstate-80 to Highway 370 and go east. Then turn left onto Hillcrest Drive and then proceed past two buildings on the left until you see Hillcrest Health & Rehab just before the sharp bend in the road.

What We Supply:

Electric bed | Linens | TV with Cox cable | Local landline telephone service
General toiletries (You may bring your own if you prefer) | Incontinence supplies
Equipment needed for therapy | Medications (Meds are included for those on Medicare/Insurance)
Oxygen and tubing (Medicare/ Insurance)
Laundry services (Included. Laundry is washed by our team, or your family may opt to take laundry home)

What to Bring*:

At least **five** changes of clothes (Lounge pants, sweatpants, slacks, jeans, shirts, t-shirts, blouses, etc.)
Pajamas | undergarments | socks | shoes with a non-slick bottom
Toiletries including toothbrush, toothpaste, deodorant, comb, hairbrush, soap, shampoo
Electric razor (if preferred) | Bi-pap or C-pap machine (if required) | Dentures | Hearing aids
Durable power of attorney paperwork | Guardian paperwork | Advance directives | Insurance cards
***Any personal items brought in should be included on the inventory list and labeled by the Hillcrest Health & Rehab team. HHR is not responsible for any lost or stolen items.**

Other Suggested items to bring (but not necessary)

Radio | books | magazines | snacks (if included on your physician-ordered diet plan; must be stored in a resealable container that may be kept at room temperature)

Frequently-asked Questions:

What does my insurance cover? Traditional Medicare covers days 1-20 at 100% after a three-day inpatient hospitalization. There is a co-pay for days 21-100 if required. The co-pay amount is set annually by Medicare (CMS). Managed Medicare and commercial insurance plans will potentially have an out-of-pocket cost subject to individual plan benefits, coverage and authorization.

What is the average length of stay in rehabilitation? The average length of stay at a skilled nursing facility for rehab is typically about three weeks or 21 days. Your actual length of stay will be determined by your care team and your insurance company based on your diagnosis.

Things You Should Know:

Visitation: Rehab guests are welcome to have visitors anytime but for the comfort of other residents and guests, we encourage visitors between 8 a.m. and 7:30 p.m. on weekdays and between 10:30 a.m. and 4:30 p.m. on weekends. For visitation questions, please contact Administrative Services at (402) 291-8500.

COVID-19 Guidelines: We follow CMS regulations to protect our residents, guests and team members. If you have questions about our policies, please ask our Clinical Team or Administrative Services.

Dining Services: A full dining program is available for our rehab guests. Meals and snacks are also available to visitors through our 1702 Bistro. Credit cards are accepted for payment in our cashless bistro.

Pets: We welcome your furry friend to visit, but we do require your pet to be on a leash or in a kennel, with current vaccinations (documentation needs to be provided to the receptionist upon arrival). Pets can never be unattended during their visit.

Transportation: We provide transportation to medical appointments; however, scheduling space may be limited based on demand. Please contact Administrative Services for more information.

Wi-Fi: Hillcrest provides courtesy wireless internet (WiFi) network access to guests and their families. These networks are provided free of charge and intended to serve as a convenience for limited access to the internet. We provide no guarantees or obligations relative to network speeds, reliability or accessibility. Please obtain a password from any Hillcrest team member during your stay.

Tobacco Use: We are a completely Tobacco-Free Campus (this includes chewing tobacco and vaping).

Discharge planning: We operate on a team approach and assess your readiness for discharge from our rehabilitation services based on reaching the recovery goals set by you, your therapists, nurses and physician.

Outings: Medicare and insurance do not allow outings except for scheduled doctor appointments. There may be exceptions for special occasions or holidays. Please contact Administrative Services for more information.

Therapy: Your therapy needs will be assessed upon admission. We utilize a holistic approach where every interaction contributes to your progress. Our team strives to integrate therapy into your daily activities rather than isolating all treatment into formal sessions. You will be encouraged to actively participate in your recovery throughout the day with both the nursing team and during therapy sessions.



Take a virtual tour of Hillcrest Health & Rehab:

Scan the code or visit www.hillcresthealth.com, click "Family of Services" and select Hillcrest Health & Rehab