What is a Medical Home?

A medical office for you and your family that gives
- Regular care with your own doctor and staff
- Coordinated and quality care
- Easier access to your doctor for visits

What do I need to know about a Medical Home?

1. Keeps your health records in one place
   - Stores your health information safely
   - Shares with all your healthcare providers as needed
   - Tracks your medicines and care plans

2. Provides ongoing care for your health problems
   - Refers you to a specialist if needed
   - Finds support groups in your area
   - Helps you and your family make health choices

3. Offers well exams and preventive care
   - Screenings and immunizations

4. Helps you make healthy changes
   - Such as diet, exercise, or quitting smoking
**Patient-Centered Medical Home (PCMH)**

**For Patients: What can I do?**

**Talk with your medical home staff:**

Know who your contact is: ________________________________
- Doctor, nurse, pharmacist, health educator, or health coach

Know how to reach them after hours or on weekends:
- Telephone numbers: ________________________________
- E-mail or Web site: ________________________________
- What to do in case of an emergency: __________________

**Be prepared for your visits:**

1. Learn about your conditions and how to manage them:
   - Changes to report: ________________________________
   - Medicines to take and how to take them: ________________
     __________________________________________________

2. Bring a list with questions or concerns:
   - All medicines, vitamins, or over-the-counter remedies you use
   - What gets in the way of taking care of your health
   - If you need help with any part of your care

3. Do not be afraid to ask questions:
   - If you do not understand, ask them to explain
   - Bring along a friend or family member to help you remember
   - Answer questions truthfully…to help you get the best care