



WELCOME TO YOUR PATIENT-CENTERED MEDICAL HOME!

***A Team Approach to Providing Total Health Care:
Your Healthcare Provider + Your Care Team + YOU!***

YOUR PATIENT-CENTERED MEDICAL HOME

Patient-centered is a way of saying that YOU are the focus of your healthcare!

Your Medical Home Care Team is here to:

- Help you manage your health care.
- Listen to your questions and concerns.
- Coordinate your care through additional services.
- Encourage you to play an active part in your own health care.

YOUR MEDICAL HOME CARE TEAM

As an active member of your own Medical Home Care Team, you will work with health care providers and have the chance to explain the things that are really important to you. Together you and your team will:

- ✓ Help you better understand your health care needs.
- ✓ Work to determine the best way to deal with your health concerns.
- ✓ Help you personalize a health care plan that is just for you.
- ✓ Coordinate with other health care providers.
- ✓ Connect you with the health care resources you need.

Working with your Team will improve the quality of your health care and shorten the time it takes to get care.

YOU ARE A MEMBER OF YOUR MEDICAL HOME CARE TEAM

- 1. Be an active team player**
 - Ask questions. Your team is there for YOU!
 - Share your past health care successes and challenges.
 - Tell your team about other health care professionals who care for you.
 - Tell your team about any other medication you may be taking.
 - Tell your team how you feel about the care you are getting from them.
- 2. Take care of your health**
 - Follow the health care plan you and your team have talked about.
 - Make sure you understand the plan and set reachable goals.
 - Once you see results, you and your team can discuss adding new goals.
- 3. Talk openly with your team**
 - Tell your team if you are having trouble sticking with your care or treatment plan.
 - Speak up if your care or treatment plan is not working.
 - Tell your team so you can make changes if needed.



APPOINTMENT CHECKLIST

During your appointment, use this checklist with your Medical Home Care Team:

- Write down the names of your Care Team members.
- Make a list of questions you've written down and ask your most important questions first.
- Talk with your team about what health issue to work on first.
- Use your own words to repeat back the things you've discussed with your team. This way, both you and your team will know the information is clear.
- Ask your team about how to reach them after hours.
- Before you leave the office, be sure you know the things you need to work on before your next appointment.

My Medical Home Care Team:

My Medical Home Care Team Questions:

My Appointment Notes:
