

Patient-Centered Medical Home (PCMH)

For Patients: What is it? What do I need to know?

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**



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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**