

# ***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**



# ***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**