

PCMH is an approach to providing comprehensive primary care for children, youth and adults. The PCMH is a health care setting that facilitates partnerships between individual patients, and their personal physicians, and when appropriate, the patient's family.

How can a medical home help you?

- The health care system can be confusing. Many people visit a lot of doctors and feel lost in the system. The medical home team will listen to your questions and can help you find your way through the system.
- With a medical home, you and your team will work together. As an active member of the team, you will have a chance to explain the things that are really important to you.
 - Your team can answer your questions and help you better understand your health care needs.
 - If you need to get help from other doctors, your team can support you every step of the way.
 - Your medical home will have convenient office hours to help you get an appointment at a time that works for you.
- Together, you and your team can work out a plan just for you, including:
 - Personalized health care that meets your needs
 - Tracking of your care
 - More ways to keep you in touch with your health care team
- Working with your team may improve the quality of your health care and shorten the time it takes to get that care.

Get ready for your appointment

- Make a list of your health questions. Put the questions that are most important to you at the top of the list.
- Make a list of other health care providers you have visited. Write down their names, addresses, phone numbers and the reason you visited them.
- Take all of your medicines, in their original containers, to your appointment. Be sure to include prescription, over-the-counter, natural, and herbal medicines and vitamins.
- Take your insurance card or other insurance information with you to your appointment.
- Write down the names of your team members. (Family, Physicians, Nurse, etc)
- Be sure you know what you should do before you leave the office
- Use your own words to repeat back the things you've discussed with your team.
- Ask your team about how to reach them after hours if you need to.

