



Welcome to your medical home

A medical home is a team approach to providing total health care. Your medical home team will include your health care provider, others who support you, and most importantly – YOU.

What can you expect?

In 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 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.

When you have concerns about your health, your medical home team will work with you to determine the best way to deal with them.

TOGETHER, you and your team can work on a plan that:
Is personalized or created just for you
Connects you with your health care team

YOU are the most important person on the health care team. Patient-centered is a way of saying that you are the focus of your health care.

Your Medical Home Can

- Coordinate your care through additional services
- Encourage you to play an active part in your own health care
- Work with other medical experts if necessary
- Help you manager your health care
- Listen to your concerns
- Work with other medical experts if necessary

What Can You Do To Help?

1. Be an active team player
 - Talk with your team about your health questions.
 - Share your past health care successes and challenges.
 - Tell your team how you feel about 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 know how to follow the plan.
3. Talk openly with your team
 - Tell your team if you are having trouble sticking with your care plan.
 - Speak up if your care plan is not working. Tell your team what is not working so together you can make changes if needed.