

What Does a Patient-Centered Medical Home (PCMH) Mean for You?

It means **Access 24/7.**

It means **Teamwork.**

It means **All your health needs.**

It means **Coordination, finally!**

It means **Today's technology.**



Access 24/7

You can get advice quickly from the care team outside of visits. You can often get appointments the same day.



All Your Health Needs

The team treats you as a whole person, not just as one illness. They will work with you and your family on:

- Prevention and wellness, helping you work towards a healthy lifestyle.
- Both physical and mental health issues such as depression or anxiety.
- A plan of care for any major health problems.



You at the center



Teamwork

Your primary care doctor or nurse attends to your care directly. He or she also leads a highly skilled team of people who work with you. The team can include nurses, counselors, pharmacists, medical assistants, and specialist doctors.



Coordination

Finally! Your medical home organizes:

- Results from labs, specialists, and hospitals involved in your care.
- All medications you take, over the counter and prescriptions from any doctors.
- Services you receive in your community, such as programs to stop smoking or lose weight.



Today's Technology

Information Technology helps your medical home team:

- Keep you up to date. Remind you when you need care, testing, or new information.
- Send prescriptions right to the pharmacy.
- In some offices, let you go online to schedule visits, request prescriptions, get test results, and see your personal health record.

PCMH also means good-bye to old frustrations



It's effective, complete primary care with **you** at the center. It's not just a place. It's not just a visit. It does not mean you have to get referrals.

PCMH also means great value for you, your family, and everyone



Value = Higher Quality + Lower Total Costs

How can you get both high quality and lower costs? Research shows that, overall, patients cared for by PCMH practices are less likely to visit the ER. They also need hospital care less than patients who don't have well-coordinated care.

Coordination between you and your providers also leads to better health results, fewer errors such as drug interactions, fewer duplicate tests, and quicker, better communication.

Your insurance plan may charge you less if you use a medical home, but pay your medical home more for your care. This is because medical homes offer you more services and better care. Medical homes also save money by keeping all their patients as healthy as possible.

If the PCMH sounds good, talk to your doctor about it.

