

Medical Home Concept

For Patients

The Right Call Every Time: Your Medical Home

This is “Your” Primary Care Doctor:

- Be sure to choose a Primary Care Doctor/Office that you are comfortable with, where you can get timely appointments and they can meet your medical needs.
- Always call them for medical advice first. They are available 24/7 to help.
- They will know you and your medical history
- They can coordinate all your medical care
 - Ask any specialists you see to send reports to keep your primary care doctor informed about your medical conditions
- Making the most of your visit:
 - Bring your Medicaid or other insurance card
 - Bring all your medications to your visit
 - Write down questions and don't be afraid to ask them to help you understand
 - Bring a family member or friend if you need help to understand
 - Take advantage of any patient education they offer about your condition
- Get information on follow-up visits like date/time
- After the visit keep medical information readily available for next visit.

Helping Yourself

- Learn as much as you can on how to care for your illness at home
- Learn when you “need” to seek emergency medical attention
- Be open to lifestyle changes to help your medical condition and to help you enjoy better health.
- Involve your family and friends to help you with changes you need to make
- Medications may be necessary to help you manage your health problems. Make sure you know how to take your medicine. Ask your doctor for help if you don't understand.
- Take all your medications with you to your doctor visit, including over the counter and herbal remedies for your doctor to review. He/She will be able to make sure the medications are safe for you. Never stop taking a medication without first talking to your doctor.
- Use all your medical resources wisely.