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EMTIRO HEALTH®

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NAVIGATING YOUR HEALTH CARE SERIES



# MEDICAL HOMES

## A FEW OF THE BENEFITS FOR YOU AND YOUR FAMILY FOR HAVING A MEDICAL HOME:

- ➔ Your medical home care team, including your medical home health care provider, takes care of you for most of your primary care visits and you can establish long term relationships with your care team
- ➔ When medical homes take care of you for years, they get to know you and your health history. This helps them take better care of YOU.
- ➔ Your medical home treats more than you think. Yes, they do your yearly check-up and give vaccines, they can help you manage chronic illnesses such as high blood pressure, diabetes and arthritis. They can also treat sudden problems such as a rash, sore throat, earache, and minor injuries.
- ➔ When you need a specialty health care provider, your medical home helps find the right fit for YOU and your specific needs.
- ➔ Your medical home care team helps to identify your health risks and will talk with you about what YOU can do to lower your risk.
- ➔ Your medical home care team helps YOU keep your Body in Check - By monitoring blood pressure, weight, and other basic vital signs, a regular medical visit can be like a system of checks and balances for your body.
- ➔ Your medical home care team helps YOU keep your Mind in Check - By monitoring a routine mental health screening your care team can help identify early warning signs.
- ➔ Your medical home care team wants you to stay healthy. An ounce of prevention is worth a pound of cure! They will perform recommended blood tests, provide vaccines, and schedule routine screening tests such as mammograms and colonoscopies with a goal of keeping YOU healthy.
- ➔ Your medical home care team can help you become the healthiest version of YOU. One hour in a medical office now, can add years of health to your life.

**Find a medical home certified medical clinic you like, and make that your Medical Home.**



## WHAT IS A MEDICAL HOME?

**A medical home is not a building or a place but is a name for the way a primary care medical clinic cares for you that puts YOU at the center of your health care.**

A medical home care team includes everyone at a medical home clinic such as the check in staff, nurses, and the medical home health care provider. A medical home health care provider is a doctor, physician assistant, or nurse practitioner that cares for patients in a medical home setting. Your medical home health care provider supervises your health care and works with the care team at your medical home. If needed, they coordinate teams of other healthcare workers (for example, specialist doctors, pharmacists, and hospitals) that help take care of you. Your medical home care team will help to make sure your medical care is given in the right place, at the right time, and in a way that is best for you.

It's never too early or too late to take control of your health. Make going to recommended medical visits a habit. Even if you have a specialist medical clinic that you go to regularly make sure to go to your medical home so they can coordinate your care. If you have an acute health need, sudden flu symptoms, back pain, an unexpected rash, who is your first point of contact? Your medical home team will provide contact information to get in touch with them 24/7 and they are the right first step for most healthcare problems.