



# Welcome to your Patient Centered Medical Home

Our goal is to be your partner in healthcare by serving as your medical home. We are committed to make available to you a personal provider who supplies all of your healthcare needs and coordinates your care across all setting, including the medical office, hospital, clinic, testing facilities, and other places where you receive healthcare.



Contact us during normal business hours: 7:30am-5:30pm at 208-886-2224.

For after hours care and advice please call our nurse at 208-316-8182.

## What can **you** expect?

In a medical home, **you** and your team will work together. As an active member of that team, **you** will have a chance to explain the things that are really important to **you**.

- Your team can answer questions and help **you** 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**
- Is coordinated with other health care providers
- Connects **you** 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.



## What can **you** do to help?

### 1. Be an active team player

- ☑ Choose a primary care provider to lead your team and talk with your team about your health questions.
- ☑ Provide your team with your medical history, including your past health care successes and challenges.
- ☑ Keep your team up to date with any information obtained outside of the practice including current medications, recent test results, visits to other healthcare providers, hospitalizations, or emergency room visits.

### 2. Take care of your health

- ☑ Keep your appointments and follow the health care plan you and your team have talked about. Make sure you understand how to follow the plan.
- ☑ Set goals you can reach. Once you begin to see results, you and your team can discuss adding new goals.

### 3. Talk openly with your team

- ☑ Tell your team if you are having trouble sticking to your 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.

*You and your health care are at the center of your medical home team.*



*What is*

## **Patient Portal?**

The Patient Portal offers you easy and private access to their medical information online, so you can view your health record whenever and wherever you have access to the internet!

Benefits include:

- Request & keep track of appointments
- Receive and view latest lab results.
- Request prescription refills
- View your personal health record.
- Receive education materials
- Send message to clinical staff
- Receive health maintenance reminders.

To gain access to our secure server on patient portal and become web-enabled, simply sign up by providing us with a personal email address. You will receive a personal password