

# patient-centered medical home



## Welcome to Your Medical Home

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

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.

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:

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

### 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 about other health care professionals who care for you.
  - Tell your team how you feel about the 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 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 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.



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