

Remember, the medical home can be a way for you to be *informed* about and *involved* in your health care decisions. The medical home can bring you, your family, and your health care team together to help you make the best choices about your health.

## During your appointment, use this handy checklist.

- Write down the names of your team members.
- Use your list of questions. Ask your most important questions first. Even if you cannot get all of your answers on the first visit, having a list will help you keep track of the answers.
- Talk with your team about what health issue to work on first.
- Be sure you know what you should do before you leave the office.
- Use your own words to repeat back the things you've discussed with your team. This way, both you and your team will know the information is clear.
- Ask your team about how to reach them after hours if you need to.

For more information, visit [pcpc.net](http://pcpc.net)

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

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