

**A medical home is an approach to providing total health care. With your medical home, you will join a team that includes health care professionals, trusted friends or family members (if you wish), and—most importantly—you.**

## **Get ready for your appointment. Use this handy checklist.**

- Make a list of your health questions. Ask a friend or relative for help if you need it. Put the questions that are most important to you at the top of the list.**
- Make a list of other health care providers you have visited. Write down their names, addresses, phone numbers, and the reasons you visited them.**
- Take all of your medicines, in their original containers, to your appointment. Be sure to include prescription, over-the-counter, natural, and herbal medicines and vitamins.**
- Take your insurance card or other insurance information with you to your appointment.**
- If you wish, ask a family member or trusted friend to go to your appointment with you.**

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

Doctor/Provider: \_\_\_\_\_

Office Staff: \_\_\_\_\_

Phone Number: (606) 349-5126 (Call this number after hours to reach our answering service.)

Web Site: [www.bshc.org](http://www.bshc.org) (You can access the Patient Portal via our website.)

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.

Visit us at [www.bshc.org](http://www.bshc.org).  
Check us out on Facebook:  
[www.facebook.com/bigandyhealthcare](http://www.facebook.com/bigandyhealthcare)



Hope Family Medical Center

patient<sup>i</sup>centered  
**medicalhome**

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



Copyright © 2009 Merck & Co., Inc. All rights reserved.  
Printed in USA Minimum 10% Recycled Paper  
20805877(3)-03/09-SGR-English

