

# What Is a Patient-Centered Medical Home (PCMH)?

**It's not a place... It's a partnership with your primary care provider.**



PCMH puts **you** at the center of your care, working with your health care **team** to create a **personalized plan** for reaching your goals.



Your **primary care team** is focused on getting to know you and earning your trust. They care about you while caring for you.



Technology makes it easy to get health care when and how you need it. You can reach your doctor through **email**, **video chat**, or after-hour **phone calls**. **Mobile apps** and **electronic resources** help you stay on top of your health and medical history.

**Studies show that PCMH:**



Provides better **support** and **communication**



Creates **stronger relationships** with your providers

**As you pursue your health care journey, you may make stops at different places:**

Behavioral & Mental Health

Specialists

**Primary Care**

Community Supports



Hospital

**Patient and Family**

Pharmacy

Wherever your journey takes you, your **primary care team** will help guide the way and coordinate your care.

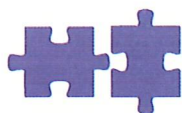


Saves you **time**



To learn more about the PCMH, visit [www.pcpc.org](http://www.pcpc.org)

**A Patient-Centered Medical Home is the right care at the right time. It offers:**



**Personalized care plans** you help design that address your health concerns.



**Medication review** to help you understand and monitor the prescriptions you're taking.



**Coaching and advice** to help you follow your care plan and meet your goals.



Connection to **support and encouragement** from peers in your community who share similar health issues and experiences.