

# At ACHS, YOU are at the center of your Patient Centered Medical Home!

A “Patient Centered Medical Home” is a model for care provided by a team of health professionals that work together to build a strong relationship with you to provide all your health care needs.

Your medical home will replace individual cases of seeking care based on illnesses and patient complaints with coordinated care that will provide the best possible outcomes.

In a patient centered medical home, you are involved in the the medical decision making.



## YOU'RE AT THE CENTER of the PCMH!

To get the most out of your Medical Home, there are many things you can do:

- Be an active participant in your health care
- Talk with your team about questions and concerns you have about your health
- Share your health care history
- Let your health care team know of other health care providers you may be seeing
- Follow the health care plan that you and your team have created - be sure you understand the plan.
- Set goals you can reach. Once you start to see results, review with your team and discuss the addition of new goals.
- Tell your team if you are having trouble with the care plan.

## WHAT CAN YOU EXPECT FROM THE PCMH?

There are many benefits for you as the most important member of the Patient Centered Medical Home team:

- Your team is available when you need them
- You can communicate easily and get appointments quickly with your team
- If you need to see other health care providers, your care can be coordinated with your team
- Your team will provide instructions on how to access care outside of regular office hours when you need it
- Your team uses technology such as the electronic medical records system to prevent medical errors, keep all information up to date, and to coordinate care

# Patient Centered Medical Home



A medical home is  
a team approach  
to providing total  
health care  
where **you** are  
at the center  
of the team!



*ACHS has been offering Quality,  
Affordable Health Care Since 1975*

Founded in 1975, Ammonoosuc Community Health Services is a nonprofit community health center offering a network of affordable primary health services. Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health.

ACHS serves 26 New Hampshire towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. Clinical teams, made up of doctors, nurse practitioners or physician assistants supported by nurses and medical assistants, provide comprehensive services on a sliding fee scale to over 10,000 patients.

Ammonoosuc Community  
Health Services, Inc.



**Patient Centered Medical Home**

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