

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

A "Patient Centered Medical Home" is a model of care provided by a TEAM of health professionals. We'll work together to build a strong relationship with you - providing all your care needs under one umbrella.

Rather than treating single cases of illness, your medical home meets your health care needs with continuous coordinated care. We'll treat the whole you - from primary care, to dental to behavioral health and support services, in order to provide the best possible outcomes.

In a patient centered medical home, YOU are at the center of your medical decision making.



YOU'RE AT THE CENTER of the PCMH!

Here's what you can do to get the most out of your Medical Home:

- 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?

Here are the key benefits as a member of the Patient Centered Medical Home team:

- Your team is available to count on 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 team can help coordinate that care
- Your team will provide instructions on how to access care outside of office hours should you need it
- Your team uses technology such as the electronic medical records system to help prevent medical errors, keep all information up to date, and to coordinate your 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!



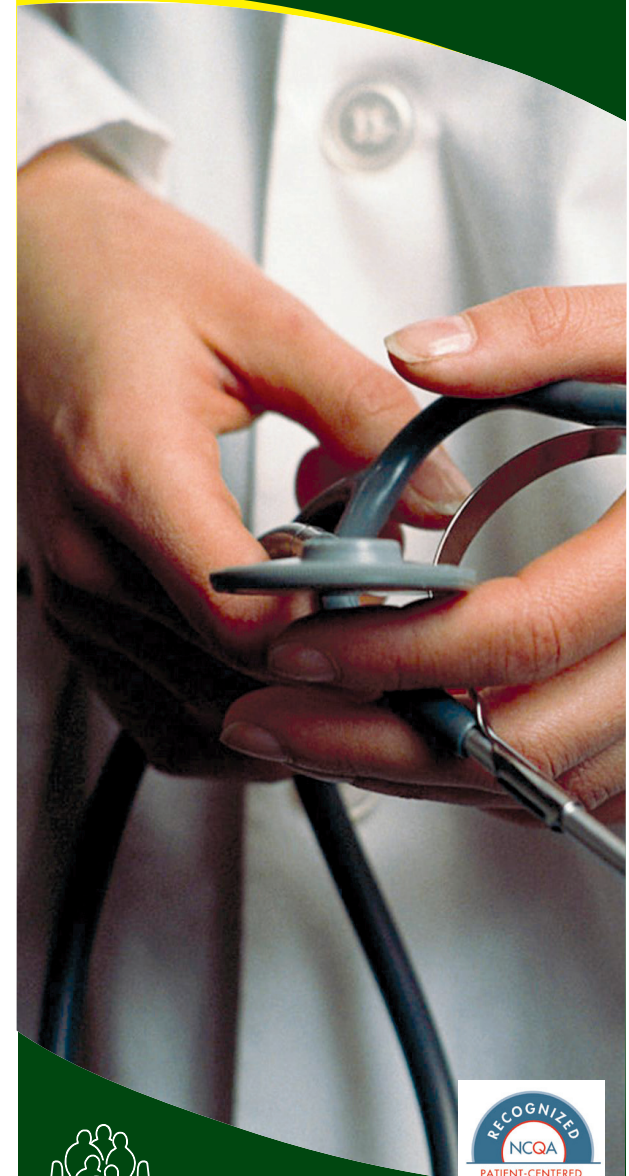
*ACHS has been offering Quality,
Affordable Health Care Since 1975*

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.

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Ammonoosuc Community Health Services, Inc.



Patient Centered Medical Home

ACHS-Littleton • 603.444.2464
www.ammonoosuc.org