

How to be an active partner

Talk to us

1. Give us feedback on how our office works
Ask to participate in our Patient Focus Groups
2. Talk with your care team about your health problems and concerns
3. Ask your team how you can best take care of yourself

Take care of yourself

4. Set health goals that you feel you can reach
5. Do things to reach your goals and lower your health risks
6. Join support groups with people like you
Ask your provider to join any support groups offered right at your health center
7. Learn how to manage serious illnesses

Learn before you decide

8. Look at different treatment options, their risks and benefits
9. Create an action plan with support from your care team

Be safe

10. Tell us about any medicines, supplements, and herbal or holistic products you take
Ask to speak with our Clinical Pharmacy Team
11. Talk with us about any safety concerns you have

Welcome



Patient-Centered Medical Home

at

Harbor Health Services, Inc.

*(Geiger Gibson Community Health Center,
Mid Upper Cape Community Health Center,
Neponset Health Center)*



We are changing the way we provide care to you

- This new model is called the ***Patient-Centered Medical Home***, and it is offered at any of our Harbor Health Community Health Centers
- You can be part of a team that works together to improve your health

Why we are changing

We believe that the ***Patient-Centered Medical Home*** is a better way to take care of your health needs and to help you manage your own care.

What to expect

- Care from a team of health care providers
- Care that gets you through an illness and helps to keep you well
- Care that respects you and your needs and values
- Care that includes you as a member of the team
- Care where you can talk about what you would like, and how you can take charge of your own care
- Care that is easy to schedule, with appointments at times when you can come in, and more ways to keep in touch with your team such as by phone and email (secure email access not currently provided-will be offered in the future)

- Care that is coordinated because your health care team and other providers work together