

Patient
Centered
Medical
Homes

Your pathway
to better health

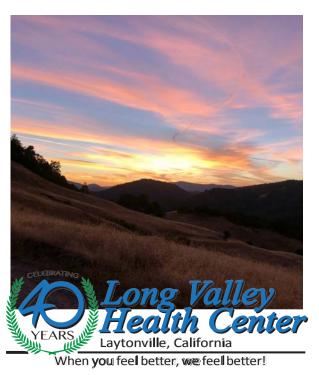
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LONG VALLEY HEALTH CENTER AS YOUR PCMH CAN:

- Help you manage your health
- Help answer your questions
- Provide an environment for you to play an active role in your health care
- Listen to your concerns
- Coordinate your care



PATIENT CENTERED MEDICAL HOME (PCMH)



You and your health care are the CENTER of your Long Valley Health Center care team.



WHAT IS A PCMH?

A patient centered medical home is a model of patient care that uses a team based approach and emphasizes care coordination and communication across specialties to achieve an excellent patient care experience and help lower medical costs.

Comprehensive Care

- Medical, Dental, Behavioral Health, Chiropractic and Acupuncture
- Primary Wellness and Prevention
- Acute Care
- · Chronic Pain and Illnesses

Patient Centered

- Meeting your unique needs
- Honoring your values and preferences

Coordinated Care

- Specialists
- Hospitals
- At home health care

Accessible Services

- Shorter wait times for urgent needs
- Around the clock telephone and electronic access

WHAT ARE WE DOING?

Daily Team Huddles

· To ensure we are prepared for your visit

Flexible Appointments

- Same day appointments every day
- Extended office hours on Wednesdays from 7:30 am- 5:30 pm

Care Plans

 Individual health coaching and self care management by our RN Patient Educator and Behavioral Health Team

Patient Education Groups

- Monthly Diabetic Education Group
- · Monthly Chronic Pain Group
- Weekly Postpartum Stress and Parenting Group

Video Medicine

 Psychiatry, Endocrinology and Rheumatology available at LVHC

Ongoing Patient Surveys

 To provide opportunities for patient feedback so we can hear your compliments and concerns

Patient Portal

Online access to your records via computer or phone





WHAT CAN YOU DO?

Patient Active Involvement

 Communicate with your provider and health care team and ask questions about your health care plan

Manage Your Health

- Follow your care plan
- Set goals and track your progress

Follow Up

 Make a follow up appointment to discuss your successes, new goals, and/or any questions you have with your provider