

BEFORE APPOINTMENT

A patient-centered medical home is an approach to providing total health care for you. With a medical home, you will have a care team to support you, helping you to make the best decisions for your health. So help us to know you better.

Get ready for your appointment! Use this handy checklist.

- Make a list of any questions you have about your health. Put the questions that are most important to you at the top of the list.
- Make a list of other health care providers you have visited. Jot down their contact information and the reason why you visited them.
- Bring all of your medications, in their original containers, to your appointment. Be sure to include prescription, over-the counter, natural, and herbal medications and dietary supplements.
- Take your insurance card with you.