

BETWEEN YOUR APPOINTMENTS STAY INFORMED.

Your PCMH team will be involved in your care, even in between appointments. Stay informed on care plan actions and results with them through our electronic health record system, One Chart | Patient.

One Chart | Patient is easy to use and provides access to your health information anytime, not just during office hours. You will be provided an activation code at clinic or hospital appointments, or you can request one from our website, www.onechartpatient.com.

Use One Chart | Patient to:

- Request, schedule and cancel appointments
- Ask health care team members questions
- Request prescription renewals
- Access lab results and test procedure results

WHAT CAN YOU EXPECT FROM YOUR PCMH TEAM?

- Your PCMH team will work together to answer your primary care questions.
- If you need help from other doctors, your team will support you every step of the way.
- When you have concerns about your health, your PCMH team will work with you to determine the best way to work with them.

Together, you and your team can work on a plan that:

- Is personalized just for you
- Is coordinated with other health care providers
- Connects you with your health care team

DURING YOUR APPOINTMENT USE THIS CHECKLIST.

- Write down the names of your team members.

- Ask your most important questions first.
Questions you have for your PCMH team:

- Talk with your team about what health issue to work on first.
- Use your own words to repeat back the things you have discussed with your team to confirm understanding.
- Ask your team about how to reach them after hours.
- Before you leave the office, be sure you know the things you need to work on before your next appointment.

For more information on primary care clinical practice using the PCMH model of care, including incorporation of health records visit pcpc.net.



SERIOUS MEDICINE. EXTRAORDINARY CARE.™



Patient Centered Medical Home (PCMH)

NebraskaMed.com/pcmh



SERIOUS MEDICINE. EXTRAORDINARY CARE.™

WHAT IS A PATIENT CENTERED MEDICAL HOME?

Our Patient Centered Medical Home (PCMH) is a team approach to primary care. Nebraska Medicine partners with patients, families and the community to support and promote health and well-being. As a patient, you will regularly be in touch with a nurse care coordinator to stay informed on health and wellness screenings and details regarding personal health conditions.

An online video about PCMH is available to all Nebraska Medicine primary care patients. Your provider and Emmi®, one of our patient education partners, encourage you to view the video prior to your next scheduled appointment.

WHO IS INCLUDED ON THE PATIENT CENTERED MEDICAL HOME TEAM?

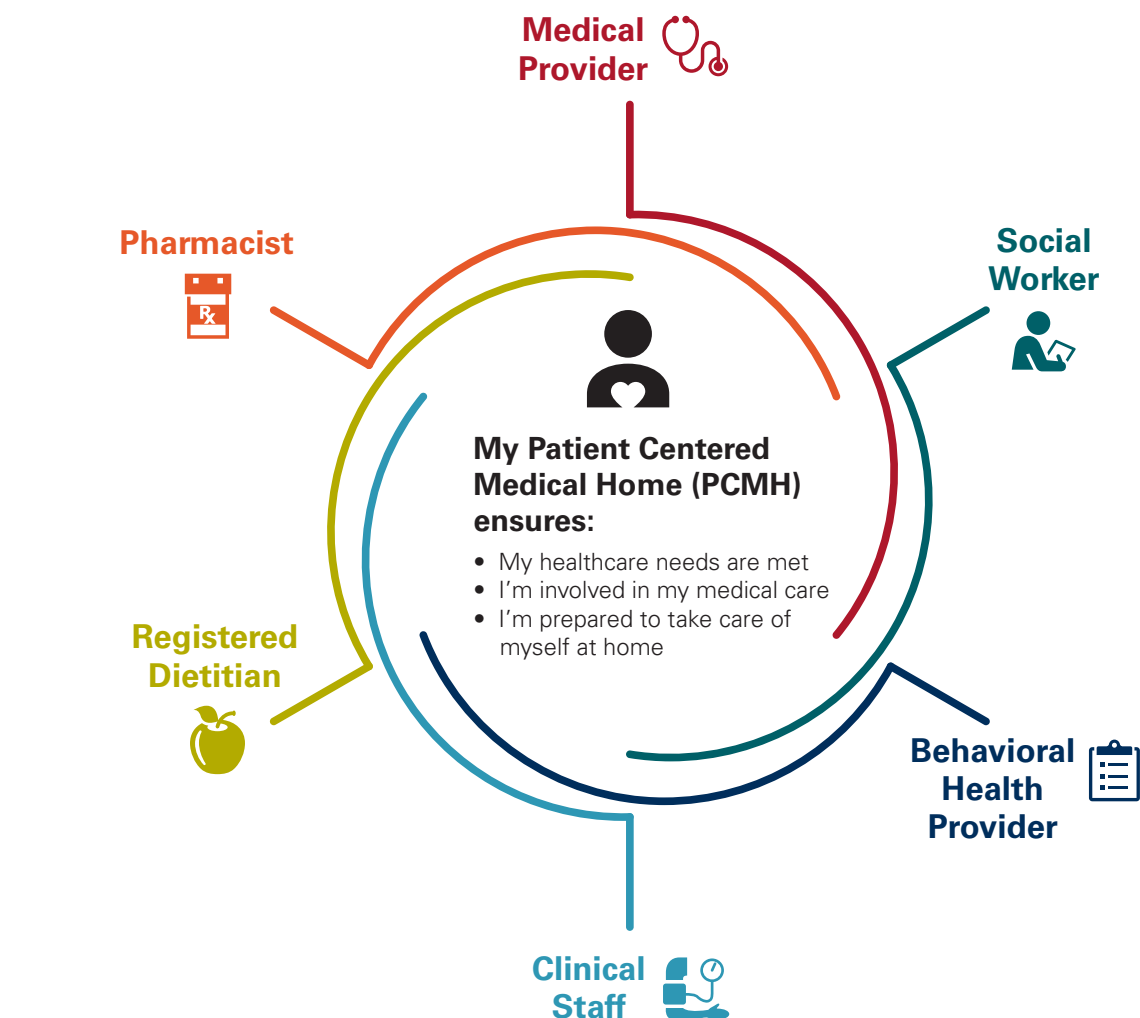
A medical provider, social worker, behavioral health provider, clinical staff member, registered dietitian and pharmacist are all part of the PCMH team.

Social Worker

Illness can cause changes in your life and the lives of your family members. Licensed clinical social workers are available to help you and your family adjust to emotional, physical, social or financial changes, by providing supportive counseling and connecting you to appropriate community resources.

Behavioral Health Provider

When you experience physical health problems, you might feel down. And when you have emotional difficulties, physical health can suffer. Our behavioral health team members can help you manage stress from a medical condition, substance abuse, depression, anxiety and a wide range of distressing thoughts and feelings. Behavioral health



professionals are experts in helping people learn to identify situations or behaviors that contribute to stress and develop action plans to change them.

Registered Dietitian

Licensed medical nutrition therapists provide PCMH nurse care coordinators with instructional materials. You may be referred to a registered dietitian for diabetes, renal, obesity, cardiovascular and other disease related conditions.

Pharmacist

Pharmacists provide comprehensive medication management and education on chronic disease states such as diabetes, hypertension and anticoagulation to help patients meet their therapy goals.