

A medical home is an approach to providing total health care. With your medical home, you will join a team that includes health care professionals, trusted friends or family members (if you wish), and—most importantly—you.

Get ready for your appointment. Use this handy checklist:

- Make a list of your health questions. Ask a friend or relative for help if you need it. 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. Write down their names, addresses, phone numbers, and the reasons you visited them.
- Take all of your medicines, in their original containers, to your appointment. Be sure to include prescription, over-the-counter, natural, and herbal medicines and vitamins.
- Take your insurance card or other insurance information with you to your appointment.
- If you wish, ask a family member or trusted friend to go to your appointment with you.

Remember, the medical home can be a way for you to be informed about and involved in your health care decisions. The medical home can bring you, your family, and your health care team together to help you make the best choices about your health.

During your appointment, use this handy checklist:

- Write down the names of your team members.
- Use your list of questions. Ask your most important questions first. Even if you cannot get all of your answers on the first visit, having a list will help you keep track of the answers.
- Talk with your team about what health issue to work on first. Be sure you know what you should do before you leave the office.
- Use your own words to repeat back the things you've discussed with your team. This way, both you and your team will know the information is clear.
- Ask your team about how to reach them after hours if you need to.

