

Your care • Your voice • Your team

## What is a patient-centered medical home?

**Patient-centered** means that you and your health are the focus of your health care team.

**Medical home** begins with your primary care clinic, where a team of professionals work together to provide you with a new, expanded type of care.

**Patient-centered medical home** is a care approach that brings together an expert team focused on you.

### Your medical home includes:

- **You**
- Your **primary care provider**
- Other members of your **health care team** including:
  - Medical assistants
  - Patient care coordinators
  - Nurse case managers
  - Pharmacists
  - Health educators
  - Behavioral health specialists
  - Community health providers
- **Coordination of all your care**, including:
  - Primary care
  - Hospital care
  - Specialty care
  - Community services and resources
- **Access to** your health care team in person or by phone



Kristin Bourret, PA-C  
Physician Assistant



Whitney Stahl, RN  
Case Manager



Heather Brown, CMA  
Medical Assistant



LaShay Miller  
Patient Care Coordinator

### Your health care team promises to:

- **Partner** with you to help you meet your health care goals
- **Listen** to all of your concerns
- **Include you** in decisions about your health care
- **Explain** your health care instructions
- **Answer** all of your health care questions
- **Coordinate** all your health care needs, including prescriptions, lab work and specialty care
- **Respect** your cultural background and language preferences

### What is your role on the health care team?

- Be an active partner in your care.
- Learn what you can do to stay as healthy as possible.
- Follow the plan that you and your health care team have agreed is best for you.
- If you have questions, ask!

### When you come to your next appointment:

- **Bring a list of:**
  - Important things you want to discuss with your provider
  - Any medication changes since your last visit, including prescriptions, over-the-counter medications and herbal supplements
  - Any changes in your health since your last clinic visit, such as changes to your diet, breathing, skin or sleep
- **Bring any forms** that your provider needs to sign.
- **Let your team know** if you need a prescription medication refill.

### Tools you can use between appointments:

- Review any notes from your visit
- Track your health goals regularly
- Keep a list of all your medications

Yellowhawk Tribal Health Center has met the standards of care to be recognized as a patient-centered medical home by the Oregon Health Authority and the Accreditation Association for Ambulatory Health Care.

How to reach your health care team for access to your care:

**TEAM BOURRET—CLINIC HOURS**

<b>Monday</b>	<b>Out of Office</b>
<b>Tuesday</b>	<b>1:00PM—5:00PM</b>
<b>Wednesday</b>	<b>7:30AM—5:00PM</b>
<b>Thursday</b>	<b>7:30AM—5:00PM</b>
<b>Friday</b>	<b>7:30AM—5:00PM</b>

**For appointments and referral questions call:**

**LaShay Miller, PCC (541)240-8655**

**For medical questions or concerns call:**

**Heather Brown, CMA (541)240-8654**  
**Whitney Stahl, RN (541)240-8656**

**For prescription refills call:**

**Pharmacy Refill Line (541)278-7505**

**For after hours medical questions call:**

**AMBS Call Center (541)966-9830**

**OUR VISION**

Our Tribal community achieves optimal health through a culture of wellness.

**OUR MISSION**

Empower our Tribal community with opportunities to learn and experience healthy lifestyles.



Yellowhawk Tribal Health Center  
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TRIBAL HEALTH CENTER

**Your care**  
**Your voice**  
**Your team**



**Your Medical Home**