

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



Elizabeth Sieders, PA-C
Physician Assistant



Shawna Rew-Blanc, RN
Case Manager



Rena Cochran, CMA
Medical Assistant



Mikhy Najera
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 SIEDERS—CLINIC HOURS

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

For appointments and referral questions call:

Mikhy Najera (541)240-8639

For medical questions or concerns call:

Rena Cochran, CMA (541)240-8642
Shawna Rew-Blanc, RN (541)240-8646

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

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Your voice
Your team**



Your Medical Home