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

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Monday</td>
<td>7:30AM—5:00PM</td>
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<tr>
<td>Tuesday</td>
<td>1:00PM—5:00PM</td>
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<tr>
<td>Wednesday</td>
<td>7:30AM—5:00PM</td>
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<tr>
<td>Thursday</td>
<td>7:30AM—5:00PM</td>
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<tr>
<td>Friday</td>
<td>Out of Office</td>
</tr>
</tbody>
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For appointments and referral questions call:
Mikhy Najera (541)240-8639

For medical questions or concerns call:
Rena Wickert, CMA (541)240-8642
Shawna Rew-Blanc, RN (541)240-8646

For prescription refills call:
Pharmacy Refill Line (541)240-8690

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.