

Stay informed between your appointments.

Your medical home team is involved in your care, even between appointments. Through **One Chart | Patient**, our electronic health record system, you can easily access and stay informed about care plan actions and results anytime, not just during office hours.

Use **One Chart | Patient** to:

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

To access **One Chart | Patient** on the go, download the Nebraska Medicine app.

What can you expect from your PCMH team?

- Your PCMH team will work together to answer your health care questions.
- If you need help from other doctors, your team will support you every step of the way.
- Your PCMH team will help you create a care plan that's right for you.

Together, you and your PCMH team will:

- Set goals that are personalized to meet your health care needs.
- Coordinate care with other health care providers.
- Stay connected about wellness, prevention and chronic care needs.

Use this checklist during your appointment.

- 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 chronic conditions or health issues to work on first.
- Use your own words to repeat back what you have discussed with your team to confirm understanding.
- Before you leave the office, be sure you know what you need to work on to meet your personalized health goals.



The Nebraska Medicine primary care health centers are recognized by The Joint Commission with the The Gold Seal of Approval® for hospital accreditation.



Patient-Centered Medical Home

Comprehensive, team-based care all in one place.



NebraskaMed.com/PCMH

What is a patient-centered medical home?

Our patient-centered medical home (PCMH) is a team-based 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 have access to a medical home team to keep you informed about health and wellness screenings and details regarding personal health conditions.

Who is included on the patient-centered medical home team?

These expert team members work together to care for you:

- Medical provider.
- Social worker.
- Behavioral health provider.
- Clinical staff member.
- Registered dietitian.
- Pharmacist.

You and your medical provider will build the comprehensive care team that best fits your needs.

Behavioral Health Provider

Our PCMH 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 help people identify situations or behaviors that contribute to stress and develop action plans to change them.

Social Worker

Our PCMH-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.

Pharmacist

Our PCMH pharmacists provide comprehensive medication management and education on chronic disease states such as diabetes, hypertension and anticoagulation to help you meet your therapy goals.

Registered Dietitian

Our PCMH registered dietitians are licensed medical nutrition therapists who can assist if you are dealing with difficult diet or lifestyle adjustments to meet your goals. Your doctor may refer you to the dietitian to help manage chronic diseases such as diabetes, renal disease, obesity, cardiovascular, gastrointestinal and other nutrition related diagnoses.

For the latest information on the Nebraska Medicine patient-centered medical home model of care, please visit NebraskaMed.com/PCMH.

