



SILVER CROSS
MEDICAL GROUP

The way you *should* be treated.™

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 to you at 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.

*You and your
health care are at
the center of your
medical home team.*

Doctor: _____

Other Clinician: _____

Office Staff: _____

Phone Number: _____

E-mail: _____

Web site: _____