



## What is a Patient-Centered Medical Home (PCMH)?

### Welcome to Family Practice Associates of Lexington, PSC

We're excited to introduce you to your Patient-Centered Medical Home (PCMH), a unique approach to providing healthcare that focuses on you, the patient. Here's a simple guide to help you understand what a PCMH is and how it benefits your health.

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### What is a Patient-Centered Medical Home?

A PCMH is not a physical place but a model of care that emphasizes a partnership between you and your healthcare team. The goal is to provide comprehensive, coordinated, and personalized care to meet your unique needs. Think of it as your personal healthcare home where your well-being is the top priority.

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### Key Features of a PCMH

1. **Personal Relationship with Your Primary Care Provider (PCP):**
  - Your PCP will be your main healthcare contact, coordinating all aspects of your care.
  - They will get to know you, your health history, and your personal health goals.
2. **Comprehensive Care:**
  - Your healthcare team addresses all your needs, from routine check-ups to managing chronic conditions.
  - They will provide or coordinate access to specialists, labs, and other services as needed.
3. **Coordinated Care:**
  - Your care team communicates and collaborates to ensure all aspects of your health are managed effectively.
  - They work together to avoid duplication of services and ensure smooth transitions between different types of care.
4. **Accessible Services:**
  - You will have access to care when you need it, including extended hours, phone consultations, or virtual visits.
  - Your team is available to answer your questions and address your concerns promptly.
5. **Patient Involvement:**
  - You are an active participant in your healthcare. Your preferences and values are considered in decision-making.
  - Your care team provides education and support to help you make informed choices about your health.



#### 6. Quality and Safety:

- Your healthcare team is committed to providing high-quality care and ensuring your safety.
  - They use evidence-based practices and continually seek ways to improve the care you receive.
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### Benefits of Being in a PCMH

- **Personalized Care:** Your care is tailored to your individual health needs and preferences.
  - **Better Health Outcomes:** Coordinated care can lead to improved management of chronic conditions and overall better health.
  - **Convenience:** Access to a range of services and support when you need it.
  - **Enhanced Communication:** Clear and open communication with your healthcare team.
  - **Support for You and Your Family:** Resources and support to help you navigate your health journey effectively.
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### How to Make the Most of Your PCMH Experience

- **Build a Relationship:** Communicate openly with your PCP and healthcare team.
  - **Stay Involved:** Participate actively in your care planning and decision-making.
  - **Ask Questions:** Don't hesitate to ask for clarification about your health, treatment options, or any concerns you have.
  - **Follow-Up:** Keep up with regular check-ups and follow through with recommended tests or treatments.
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### Contact Us

If you have any questions about PCMH or need assistance, please don't hesitate to reach out. We're here to support you every step of the way!

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*We look forward to partnering with you on your journey to better health!*