

# Health & Wellness Center

# Welcome to Your Medical Home



Your medical home is a warm, welcoming place where a team of health care professionals works together to meet your needs.

#### How a medical home works for you

Your health care team--physicians, nurse practitioners, behavioral health clinicians, medical assistants, nurses, care coordinators and others--work together to manage your health. You can access care and information before and after hours and make same-day appointments as well.

# Access our 24-hour care line: 860.793.3500 or toll-free 888.793.3500.

### What you can expect

Our team will take the time to learn about *you*, including details about your family, history and life situation, and your health care issues. We'll support you in caring for yourself through goal-setting; information and linkage with other resources.

# Be part of the process

Get to know members of your health care team, be familiar with your health status, and follow the plan that your team has agreed is important to your health.

# Make the most of your visit

- Always bring a list of questions to your appointment.
- Bring a list of vitamins, medications or supplements you use.
- Ask your medical team to clarify what was said.
- Always report back to your medical team if you get care from other professionals including tests, hospitalizations, ER visits and visits to specialists.
- Always talk openly with your care team about your experience getting care.

