

Montana Patient-Centered Medical Homes

# Where Healthier Happens

You and your health care at the center of a team of professionals.



A patient-centered medical home or PCMH is not a building, house, or hospital, but rather a team of health care professionals, focused on keeping you healthy. You are part of the team. All your primary care in one place—your patient-centered medical home.

Visit  
[www.csimt.gov](http://www.csimt.gov)



## JOIN THE TEAM

### **It Starts with You**

Meet your care team and talk to them about your health. Tell them when your medications change or you see a different provider. Take charge of your health .

### **Personalized Healthcare**

A team of people are collectively responsible for your ongoing care. Such as a behavioral health consultant to help you quit smoking, a nutritionist to educate you on a diabetic diet, and a care coordinator calling to discuss lab results.

### **Whole Person Care**

You are more than your childhood asthma, your depression, or recent hypertension. PCMH is a comprehensive approach to health care, addressing every part of you. It includes care for all stages of life.

### **Coordinated and Integrated Care**

Your PCMH coordinates your care with other parts of the health care system such as specialty doctors, hospitals, and nursing homes. Providers can connect you to community resources such as affordable housing or insurance.

- Enhanced health for Montanans.
- Improved quality care for individuals.
- Lower cost of care.