

MY HEALTH CONNECTION

MY HEALTH CONNECTION is a **FREE SERVICE** that lets you take a central role in your health care.

When you have a My Health Connection account, you can:

- » Schedule and cancel appointments
- » Get visit reminders
- » Do some of your check-in tasks before your appointment
- » Email your doctor or other UCH provider
- » View your medical record
- » See your lab and test results
- » Manage your medications

Sign up for My Health Connection at www.uch.edu. Free app downloads are available for iPhone and Android. Search for My Chart on the App Store or Android Marketplace.



University of Colorado Hospital

UNIVERSITY OF COLORADO HEALTH

ANSCHUTZ INTERNAL MEDICINE

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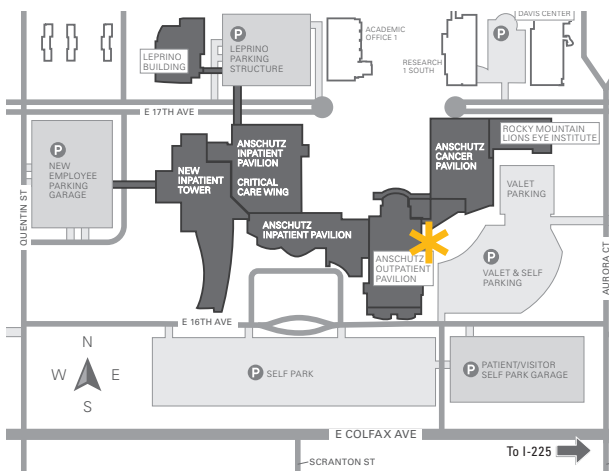
Anschutz Medical Campus
Anschutz Outpatient Pavilion
1635 N. Aurora Court
Aurora, CO 80045

Care Anytime

Appointment Phone Number
720.848.2300

Office Hours

Open Monday through Friday 8 a.m. to 5 p.m.



WE'RE TRANSFORMING...

to become your
PATIENT-CENTERED MEDICAL HOME

A long-term plan for a lifetime of health.



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www.uch.edu

WHAT IS A PATIENT-CENTERED MEDICAL HOME?

It is not a building, a hospital or a home.

It is the way we give care.

It is a team-based approach to your healthcare, led by your Primary Care Provider.

It is care that focuses on you and your healthcare needs.

Right Care. Right Time. Right Place.

OUR ROLE AS YOUR HEALTHCARE TEAM in a medical home

- » Gives you a safe setting to talk about private concerns
- » Works together with you, using shared decision making, to manage your health
- » Serves as the quarterback of your healthcare team, managing care both inside and outside the practice
- » Tell you of the services offered within the practice
- » The care team will give you and your family personalized and current proven medical care

BE INFORMED ABOUT AND INVOLVED IN YOUR HEALTHCARE DECISIONS

YOUR ROLE AS A PATIENT in a medical home

- » Be an active member on your healthcare team
- » Write down a list of concerns and questions so we can talk about them
- » Give us a list of all medications, as well as those over the counter, so we can help prevent interactions
- » Call us before you go to an Emergency Room or hospital, or at least let us know as soon as possible that you've gone
- » When you go elsewhere, make sure to tell them who your primary care provider is. Please allow them to share the information from the visit
- » Take care of your health



You don't have to go to the Emergency Room...unless you really need it.

MEDICAL HOME

Go to your medical home clinic for common illnesses, when you or your family member looks or acts sick:

- » Fever
- » Sore throat/cough
- » Flu

For problems that need care now:

- » Infections
- » Vomiting
- » Asthma
- » Injuries, sprains, and cuts that need stitches

And as always for:

- » Yearly physicals and immunizations (as needed for wellness and prevention)
- » Help managing chronic illnesses or conditions



EMERGENCY ROOM

Go to the Emergency Room when you or your family member could die or risk their health without urgent help:

- » When bleeding won't stop
- » When breathing is difficult
- » After a serious accident
- » Chest pain
- » After a seizure that lasts more than 3 minutes

Any doubts, call your medical home.