



# LONG VALLEY HEALTH CENTER AS YOUR PCMH CAN:

- Help you manage your health
- Help answer your questions
- Provide an environment for you to play an active role in your health care
- Listen to your concerns
- Coordinate your care

Welcome to Your  
Medical Home

**Patient  
Centered  
Medical  
Homes**

Your pathway  
to better health



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After Hours Medical Advice  
(888)214-3763

WWW.LONGVALLEY.ORG



PATIENT CENTERED  
MEDICAL HOME  
(PCMH)



CELEBRATING  
**40**  
YEARS  
**Long Valley  
Health Center**  
Laytonville, California

When you feel better, we feel better!

You and your health care  
are the CENTER of your  
Long Valley Health Center  
care team.



## WHAT ARE WE DOING?

### Daily Team Huddles

- To ensure we are prepared for your visit

### Flexible Appointments

- Same day appointments every day
- Extended office hours on Wednesdays from 7:30 am- 5:30 pm

### Care Plans

- Individual health coaching and self care management by our RN Patient Educator and Behavioral Health Team

### Patient Education Groups

- Monthly Diabetic Education Group
- Monthly Chronic Pain Group
- Weekly Postpartum Stress and Parenting Group

### Video Medicine

- Psychiatry, Endocrinology and Rheumatology available at LVHC

### Ongoing Patient Surveys

- To provide opportunities for patient feedback so we can hear your compliments and concerns

### Patient Portal

- Online access to your records via computer or phone



## WHAT CAN YOU DO?

### Patient Active Involvement

- Communicate with your provider and health care team and ask questions about your health care plan

### Manage Your Health

- Follow your care plan
- Set goals and track your progress

### Follow Up

- Make a follow up appointment to discuss your successes, new goals, and/or any questions you have with your provider

## WHAT IS A PCMH?

A patient centered medical home is a model of patient care that uses a team based approach and emphasizes care coordination and communication across specialties to achieve an excellent patient care experience and help lower medical costs.

### Comprehensive Care

- Medical, Dental, Behavioral Health, Chiropractic and Acupuncture
- Primary WellNess and Prevention
- Acute Care
- Chronic Pain and Illnesses

### Patient Centered

- Meeting your unique needs
- Honoring your values and preferences

### Coordinated Care

- Specialists
- Hospitals
- At home health care

### Accessible Services

- Shorter wait times for urgent needs
- Around the clock telephone and electronic access