

Mobile Health Services

For times when health concerns are urgent or unplanned, the Mobile Community Health clinic is available during the week in scheduled locations throughout the county, without an appointment. For locations and more information, please visit us at:

cbhsjc.org/services



What can you expect?

In a medical home, you and your team will work together. As an active member of the team, you will have a chance to explain the things that are really important to you. Your team can answer questions and help you better understand your health care

Working with your team may improve the quality of your healthcare and shorten the time it takes to get that care.

You can reach us any time during and after office hours by calling:

(269) 467-3228

(after-hours: **option 7** will connect you to a team member)

Please be prepared to give your name and date of birth so that we can correctly identify you.

Visit our website at any time for additional information.

cbhsjc.org



To contact our pharmacy, please call:

(269) 467-3510

**Covered
Bridge
Healthcare**

of St. Joseph County



Patient-Centered Medical Home

A medical home is a team approach to providing health care. Your medical home team will include your health care provider, others who support you and -most importantly- **you**.



YOU are the most important person on the health care team

Your Services Include:

- Family Health
- Women's Health
- Well Child Services
- Same Day & Sick Visits
- Lab Access
- Pharmacy Access
- Oral Health Referrals
- Eye Care Referrals
- Nutritional Health
- Weight Management
- Diabetes Management
- Behavioral Health
- Tele-Psychiatry
- Tele-Therapy
- Substance Abuse Services
- Insurance Enrollment Assistance
- Access to Additional Community Resources

What can **you** do to help?

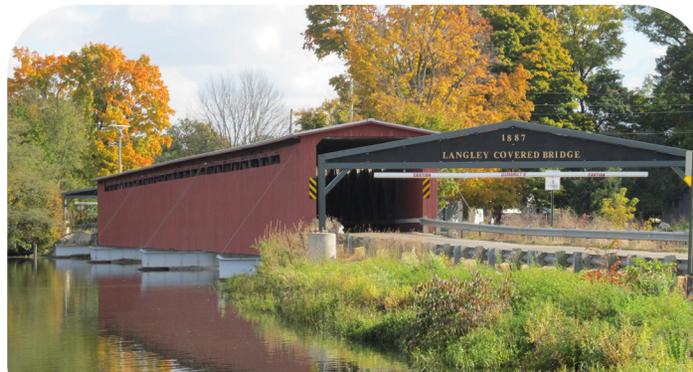
Take care of your health

- Follow your healthcare plan
- Set goals you can reach
- Understand your plan
- Discuss adding new goals when you see results

Be an active team player

- Ask your team questions
- Provide a complete medical history
- Talk about any other health professionals who care for you
- Tell your team about any medications or herbal medicine you are on
- Tell your team how you feel about your care

Tell your team if you are having trouble sticking with your care plan. Speak up if your care plan is not working so together you can make changes.



To help prepare for your visit, you can use this handy checklist

- Please bring any current medications with you to show your team
- Write down your questions in advance
- Write down the answers your team gives you
- Use your own words to repeat back the things you've discussed with your team
- Ask your team about how to reach them after hours
- Ask your team how you can prepare for your next visit

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