

Questions to ask my doctor or nurse

There are hundreds of Patient-Centered Medical Homes (PCMH) in Ohio. Many more primary care offices and clinics are working to become a PCMH. Here are some questions that you can ask your doctor or nurse to help receive the best care possible:

- Are you a Patient-Centered Medical Home?
 - If yes: How will my care here be different from care in a medical office that is not a PCMH?
 - If no: Do you plan to become a PCMH?
- Do you do any of these things?
 - Work as a team with the specialists that I see?
 - Make sure that I know all my treatment options and am the one that is in control of my health care?
 - Make it possible for me to communicate with you by e-mail?
 - Share my test results with me?
 - Help me create my health goals and understand what I need to do to meet them?
 - Provide screenings for things that may be wrong, such as depression, alcohol use, or drug use?
 - Send me reminders when I should schedule an appointment for yearly or other routine visits?
- Can you provide resources for things I need to stay healthy, but can't afford? For example, free or low-cost ways to exercise or stop smoking?
- Can I get an appointment within 24 hours for urgent health needs?
- Can I reach someone in the office by phone at night or on weekends?
- If I have a chronic condition (e.g., diabetes), is there a system for tracking how I am doing?
- Does the office team include non-physician staff members, such as nutritionists or nurse practitioners, to help me manage my medicines and chronic conditions?