

A BETTER APPROACH TO YOUR HEALTHCARE

No matter your health needs, your primary care provider is here to help you maintain a healthy lifestyle. Evidence shows that access to primary care helps people live longer, healthier lives*—and patients with access to regular primary care providers have lower overall healthcare costs.**



What is a patient-centered medical home (PCMH)?

It's an innovative approach to primary care that meets patients where they are—in the right place, at the right time, and with the right care.



Accessible

Shorter wait times, "after-hours" care, 24/7 telehealth access, and stronger communication



Committed to quality and safety

Evidence-based medicine and clinical support



Comprehensive

A team of care providers—from physicians to nurses to nutritionists to social workers—for prevention, wellness, acute care, and chronic care



Coordinated

Open communication across all parts of the broader healthcare system, especially during transitions between sites of care



Patient-centered

Provides the education and resources you need to make smart decisions and become an active participant in your own care



Personalized

Addresses your personal health concerns and needs



Supportive and encouraging

Advice via phone, email, text, etc. from your health team to help you meet your goals and support you with health issues and concerns



Efficient

Saves you time

* Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2690145/#b62>

** Source: <https://www.hrsa.gov/advisorycommittees/bhpradvisory/cogme/Reports/twentiethreport.pdf>

It's not a place—it's a partnership with your primary care provider.

WHEN YOU THINK PCMH, THINK FREDERICK HEALTH MEDICAL GROUP!



Why Frederick Health Medical Group?

Frederick Health Medical Group is recognized by the National Committee of Quality Assurance as a PCMH. We partner with you and your healthcare team to provide the highest level of primary care possible.



With Frederick Health Primary Care, your healthcare team...

- Is just a phone call or portal message away
- Is your access point to Frederick Health and its wide array of services and specialists
- Collaborates with specialists to address all aspects of your healthcare
- May include a number of specialists, like in-house care coordinators, patient navigators, lab assistants, licensed clinical social workers, and more
- Offers telehealth, including email messaging and nurse access via the phone
- Offers the same level of service and care, no matter your insurance provider or payer
- ✓ 8 locations in Frederick, Myersville, and Mt. Airy
- ✓ Lower hospital readmission rates after a health event
- ✓ National Committee for Quality Assurance certified
- ✓ Open 7 days a week
- ✓ Same-day appointments and walk-ins