

Medical Home Consumer Resources

Having a "Medical Home" simply means that you have a regular doctor or health clinic that you can call or go to for ongoing care if a health problem arises. This is so important because many people who DON'T have a regular doctor to turn to when there is a problem simply show up at the hospital emergency room for care. This will cost you a lot of unnecessary time and money in many cases, especially if your health problem is something minor.

Many problems can be handled with a simple phone call to your doctor's office because most practices have nurse lines that can answer your questions quickly. If it turns out that your health problem requires immediate attention, you can usually get an appointment quicker if you are a regular patient. The other good thing about having a regular doctor is that all of your medical records will be in one place and the doctor will know your medical history. This is important when he or she is deciding how to treat you. Find a regular doctor in your area for both you and your baby, and save the ER visits for true emergencies. You will save yourself lots of time and the cost of high hospital bills. One place to look for a doctor in your community is at <http://www.nchealthcarehelp.org/>. It looks like this:



Additional Medical Home Resources:

For Moms

[NC Free Clinics](http://www.ncfreeclinics.org/Clinics.aspx) <http://www.ncfreeclinics.org/Clinics.aspx>

For Children

[NC Health Check/Health Choice](http://www.nchealthystart.org/public/childhealth/index.htm) <http://www.nchealthystart.org/public/childhealth/index.htm>