

CentroMed

YOUR MEDICAL HOME



Working to keep you healthy!

What is a MEDICAL HOME?

A Medical Home is about YOU. It is an approach to providing total health care for YOU. With your medical home, you will join a team that includes your doctor, your nurse, your health educator and any other health care professionals. You may also include trusted friends and family members as part of your team, if you choose, to help you make the best choices about your health.



How Does a MEDICAL HOME Work for you?

In a medical home, your care team:

Is available 24 hours a day, 7 days a week.

You can communicate with your team by phone and you can get an appointment quickly, even on the same day when needed.

Knows you and remembers your health history.

They know enough about your personal or family situation to suggest treatment options that make sense for you.

Makes sure you understand your condition(s) and how to take care of yourself.

They help you sort through your options and make decisions about your care.

Helps you coordinate your health care, even if they are not providing the care themselves.

They will help you find specialists, schedule appointments, and make sure specialists have all the information they need. They will ensure that you know what the specialists say and what it means for you.



Who is Part of the MEDICAL HOME CARE TEAM?

- This team may include a doctor, nurse, and a health educator, as well as other health care professionals, like a pharmacist, counselor or specialist.
- These team members will work together to help you get healthy, stay healthy, and get the care and services that are right for you.
- Your trusted friends and family members may also part of the team, if you choose, and YOU are the most important member!



What can you do to help the MEDICAL HOME CARE TEAM help you?

Be an active team player:

- Talk with your team about your health questions.
- Share the successes and the challenges you have had with health care in the past.
- Inform your team about other health care professionals who care for you.
- Explain to your team how you feel about the care you are getting from them.
- Inform your team of the medicines and dietary supplements you are taking.

Take care of your health:

- Follow the health care plan that you and your team have worked out.
- Make sure you understand how to follow the plan that you and your team have prepared.
- Set goals you can reach. Once you begin to see results, you and your team can discuss adding new goals.

Share your result with your team:

- Inform your medical team if you are having trouble following your care plan.
- Inform your medical team of what is or is not working so that together you can make changes as needed.
- Inform your medical home before going to the ER or after visiting the ER.

When do you visit your MEDICAL HOME?

- **Common illnesses**, when you or your family member looks or acts sick such as fever, flu, sore throats and coughs.
- **Problems that need care now** such as: infections, asthma, vomiting, injuries, sprains and cuts that need stitches.
- **Annual physicals and immunization** (as needed for wellness and prevention) and to help manage chronic illnesses or conditions such as diabetes or high blood pressure.

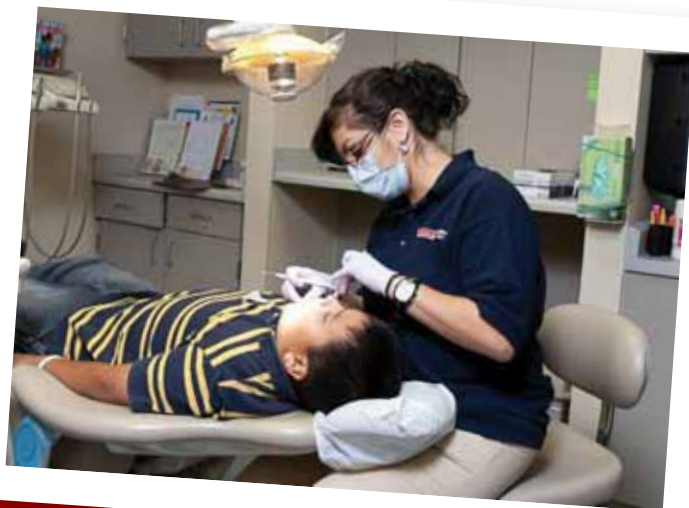
When do you visit the EMERGENCY ROOM?

You should visit the ER when you or your family member could risk their health or life without immediate help. Following are some reasons to go to the ER:

- When bleeding won't stop
- When it is difficult to breath
- After a serious accident or injury
- After a convulsion that lasts more than 3 minutes

For more information please visit our website at

CentroMedSA.com





1. **Southside Medical***
3750 Commercial Ave., San Antonio, TX 78221
2. **South Park Medical***
6315 S. Zarzamora, San Antonio, TX 78211
3. **South Park Dental***
910 Wagner St., San Antonio, TX 78211
4. **South Park Pharmacy**
918 Wagner St., San Antonio, TX 78211
5. **Palo Alto Clinic / WIC Clinic***
9011 Poteet Jourdanton Fwy., San Antonio, TX 78224
6. **Santa Rosa Pavilion Ctr.***
315 N. San Saba, Suite 103, San Antonio, TX 78207
7. **Maria Castro Flores Clinic / WIC Clinic***
7315 S. Loop 1604 West, Somerset, TX 78069
8. **Walzem Clinic***
5542 Walzem Rd., San Antonio, TX 78218
9. **City Base Clinic***
3127 S.E. Military Dr., San Antonio, TX 78223
10. **County Line Clinic***
1034 W. County Line Rd., New Braunfels, TX 78130
11. **San Antonio Street Clinic***
1614 W. San Antonio St., New Braunfels, TX 78130
12. **House of Hope Dental Clinic***
256 Krueger Ave., New Braunfels, TX 78130
13. **Parenting Classes - PMNC**
123 Ascot, San Antonio, TX 78224
14. **Elder Activity Center**
123 Ascot, San Antonio, TX 78224
15. **WIC Clinic on SW Military Dr.**
910 S.W. Military Dr., San Antonio, TX 78224
16. **WIC Clinic on Walzem**
5253 Walzem Rd., San Antonio, TX 78218
17. **Sarah E. Davidson Clinic***
1 Haven for Hope Way, Suite 300, San Antonio, TX 78207
18. **Children's Shelter Clinic**
19. **Residential Treatment Center Clinic**
20. **La Paloma de Paz Clinic**
21. **Respite Care of San Antonio Day Care Clinic**
22. **Respite Care of San Antonio Shelter Clinic**
23. **Centro Fitness / Encino Ballroom**
3800 Commercial Ave., San Antonio, TX 78221

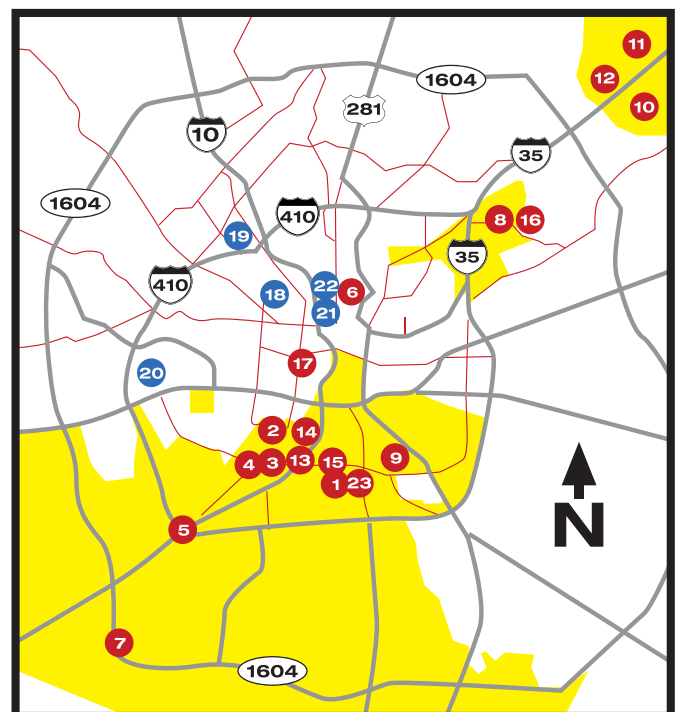
**Your Medical Home Clinics*

CentroMed Services:

- Family Medicine
- Pediatrics
- OB/Gyn
- Geriatrics
- Dental Care
- Podiatry
- Behavioral Health
- Pharmacy
- Same Day Appointments
- Healthcare for the Homeless
- WIC Services
- Elder Activity Center
- Parenting Classes
- Centro Fitness

Make an appointment today:

Medical	(210) 924-3593
Dental	(210) 924-7344
Counseling	(210) 334-3880
WIC	(210) 924-6004



- Community Health Center Service Area
- Confidential Sites

For more information please visit our website at CentroMedSA.com