

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 physicians 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 Monocacy Health Partners!



Why Monocacy Health Partners (MHP) Primary Care?

MHP 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 MHP, your healthcare team...

- Is just a phone call or portal message away
- Is your access point to Frederick Regional Health System 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



- ✓ 6 locations in **Frederick, Myersville, Mt. Airy, and Union Bridge**
- ✓ **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