

When & Where to See a Doctor: Reflection Questions

1. **If you are NOT having a medical emergency, where should you look for medical care first?**
 - Your primary care doctor.
2. **What are three benefits of having a primary care doctor?**
 - It is lower cost,
 - They know your past medical history
 - They help prevent disease.
3. **What are three of the five parts of a Patient-Centered Medical Home?**
 - Patient-Centered Care
 - Comprehensive Care
 - Coordinated Services
 - Accessible Services
 - Commitment to High Quality and Safety
4. **What are some chronic diseases for which your doctor looks for at your health maintenance exam?**
 - Heart Disease, Diabetes, Cancer, and Mental Illness.
5. **Who creates your individualized health care plan?**
 - You and your primary care doctor.