

## **Do you have a medical home?**

A medical home is a place for individuals and families to receive health care based on the needs and priorities of the individual or family. It is especially important for infants and children to receive their care in a medical home, because they will be screened regularly for healthy growth and development. They will also receive immunizations at appropriate times so they are protected from serious communicable diseases. When care is received in a medical home, serious diseases and/or developmental concerns can be detected earlier, thus increasing the chances of successful treatment.

Adults and older children also benefit from a medical home, because they are reminded about important appointments and screenings, and they can receive support to help manage chronic conditions, such as diabetes.

About 15% of families do not have health insurance, making it more difficult to establish regular health care services. The mission of local community health care centers is to offer a medical home for the uninsured and medically underserved. To enroll as a patient in a community health center, an appointment is usually required to review family income. Based on the family's income, each family member can enroll in one of the state or federally funded programs, such as Medicaid, Medicare, Child Health Plan Plus, or the Colorado Indigent Care Program. For families that do not qualify for these programs, community health centers usually offer a sliding fee scale.

The enrollment process usually requires proof of income, proof of address, and proper identification. Acceptable proof of income is usually the two most recent pay stubs. Proof of address can be a postmarked bill mailed to your home address. Identification requirements may vary for different programs; check with the community health center for further information. Community health centers offer their services regardless of immigration status.

Maintaining a medical home is an important part of keeping your family healthy. Don't wait until someone is sick to enroll. Establish a medical home today, and ensure that your family will have access to health care when they need it!