



This clinic, owned and operated by Boulder Community Health, now offers Live Better, a more personal and coordinated approach to medical care. Guided by the philosophy of a national health care movement known as Patient-Centered Medical Home (PCMH), Live Better makes you the central focus of a dedicated care team led by your primary care provider, working with you to meet your health needs.

## What is the importance of the Live Better approach to care?

In our clinic, you will experience:

- Personalized, team-based care led by your primary care provider and supported by your Live Better care team
- Full partnership in your health care
- Coordination of care across our network of BCH specialists, clinics and hospital
- Enhanced communication with your Live Better care team by phone and online
- A proactive approach to your health care with periodic reminders sent to you regarding recommended preventive care
- Expanded access to care through same-day appointments, extended clinics hours and after-hours clinical advice

## Live Better is available at these clinics owned and operated by Boulder Community Health

### **Boulder Creek Family Medicine**

Foothills Hospital, Reynolds Family Medical Building  
1755 48th Street, Suite 200, Boulder, CO 80301  
303-415-7450 • [bch.org/bouldercreek](http://bch.org/bouldercreek)

### **Dakota Ridge Family Medicine**

2995 Baseline Road, Suite 210, Boulder, CO 80303  
303-415-8900 • [bch.org/dakotaridge](http://bch.org/dakotaridge)

### **Erie Family Medicine**

Erie Medical Center  
101 Erie Parkway, Suite 201, Erie, CO 80516  
303-415-5813 • [bch.org/eriefamily](http://bch.org/eriefamily)

### **Family Medical Associates of Lafayette**

Community Medical Center  
1000 W. South Boulder Road, Suite 110  
Lafayette, CO 80026  
303-415-4355 • [bch.org/familymedical](http://bch.org/familymedical)

### **Frontier Internal Medicine**

2101 Ken Pratt Boulevard, Suite 104  
Longmont, CO 80501  
303-415-4155 • [bch.org/frontier](http://bch.org/frontier)

### **Gunbarrel Family Medicine**

6685 Gunpark Drive East, Suite 110  
Boulder, CO 80301  
303-415-7599 • [bch.org/gunbarrel](http://bch.org/gunbarrel)

### **Internal Medicine Associates of Boulder**

5495 Arapahoe Avenue, Suite 100, Boulder, CO 80303  
303-415-4250 • [bch.org/imaboulder](http://bch.org/imaboulder)

### **Internal Medicine Associates at Buffalo Ridge**

Erie Medical Center  
101 Erie Parkway, Suite 201, Erie, CO 80516  
303-415-8820 • [bch.org/imabuffaloridge](http://bch.org/imabuffaloridge)

### **Internal Medicine Associates of Lafayette**

Community Medical Center  
1000 W. South Boulder Road, Suite 214  
Lafayette, CO 80026  
303-415-4325 • [bch.org/imalafayette](http://bch.org/imalafayette)

### **Northwest Family Medicine**

3 Superior Drive, Suite 100B, Superior, CO 80027  
303-415-8940 • [bch.org/northwest](http://bch.org/northwest)

### **Spruce Street Internal Medicine**

2575 Spruce Street, Boulder, CO 80302  
303-415-3875 • [bch.org/sprucestreet](http://bch.org/sprucestreet)

# Live Better

## Care designed just for you





## Who is on my Live Better care team?

Your Live Better care team starts with you. It includes:

- Your primary care provider, who may be a doctor, nurse practitioner or physician assistant
- An after hours clinical advice nurse
- An Integrated Clinical Services (ICS) Team that includes registered nurse care managers, transitional care nurses, pharmacists, behavioral health specialists and a diabetic educator

## What your Integrated Clinical Service Team offers:

- A registered nurse care manager who may partner with you to create, manage and fulfill your personal health care goals, coordinate your care both in the clinic and throughout your network of specialists, and educate you on your health conditions and your options for care.
- A transitional care nurse is available to assist you if you are admitted to the hospital and will require support transitioning home.
- Behavioral health specialists are available for several therapy options within your clinic and also can assist with referrals to mental health resources in the community.
- A clinical pharmacist determines whether your prescribed medications are optimally meeting your needs and goals of care.
- A diabetic educator educates and supports people with diabetes. Education is provided in a classroom or one-on-one setting.

**To make an appointment or contact a member of your Live Better care team, call 303-415-4015 or your primary care provider's clinic.**

**To find more information about BCH primary care providers, visit [bch.org/livebetter](https://bch.org/livebetter)**

## How do I get the most from Live Better?

In order to get the most benefit from our Live Better approach, it is important to be an active member of your Live Better care team. Here are some ways you can do this:

- Bring a list of concerns/questions to each appointment.
- Speak openly with your Live Better care team and ask them to explain anything you do not understand.
- Provide your Live Better care team with a complete list of your prescription and herbal medications, supplements and vitamins, as well as a list of any other health care professionals you have recently visited.
- If you receive medical care outside of your Live Better clinic, ask your health care professional to forward a copy of your records to your Primary Care Provider.

My PCP is: \_\_\_\_\_

Clinic: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_



The MyBCH patient portal is a free, convenient and secure online service that can help you manage your health and stay connected to your Live Better care team. With your MyBCH account, you can:

- Request an appointment
- Request and review lab/imaging results
- Request a prescription renewal
- Communicate online with your primary care provider or other care team members
- Complete check-in paperwork before your appointment
- Complete your health history forms
- Update your contact information

**To log in or sign up, please visit [my.bch.org](https://my.bch.org)**

## Educational resources

We provide a wide variety of research-based online educational resources to assist you with achieving your personal health goals. A member of your Live Better care team can also assist you with resources, group educational opportunities and self-care management tools.

**Learn more at [bch.org/patientresources](https://bch.org/patientresources)**

## We value your feedback

We appreciate knowing how we are doing as a Live Better care team. You may receive a mail, email or telephone survey, and value your feedback.

## Want to get involved?

Consider joining our Patient and Family Advisory Council (PFAC).

**For more information visit [bch.org/pfac](https://bch.org/pfac)**

