



Boulder Community Health

Live Better



2011



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 Care Team
- Full partnership in your health care
- Coordination of care across our network of BCH specialists, clinics and hospital
- Enhanced communication with your Care Team by phone and online
- A proactive approach to your healthcare 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

Who is on my Care Team?

Your Care Team starts with you. It includes:

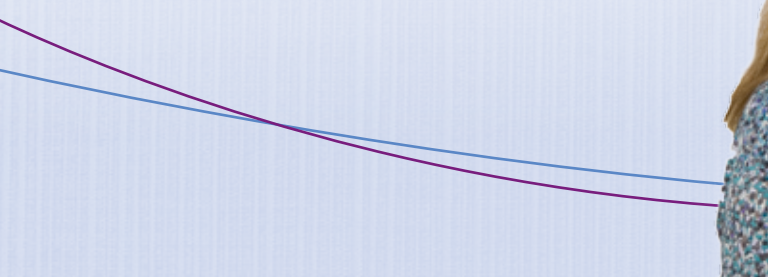
- Your Primary Care Provider, who may be a Doctor, Nurse Practitioner or Physician Assistant
- An After Hours Clinical Advice Nurse
- An Integrated Clinical Services (ICS) Team that includes: Care Coordinators, Transitional Care Nurses, Behavioral Health Specialists and a Diabetic Educator

What your Integrated Clinical Service Team Offers:

- A Care Coordinator 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 can assist with referrals to mental health resources in the community, and in some clinics they are available for short-term therapy.
- A Diabetic Educator educates and supports people with diabetes. Education is provided in a classroom setting or one-on-one.

To make an appointment or contact a member of your Care Team call 303-415-4015.

To find more information about BCH Primary Care Providers, visit 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 Care Team. Here are some ways you can do this:

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

My PCP is: _____

Clinic: _____

Phone: _____

Fax: _____



MyBCH Clinics Online Service

MyBCH, otherwise known as the patient portal, is a free, convenient and secure online service that can help you manage your health and stay connected to your Care Team. With your MyBCH Clinics 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

Talk with your clinic's Front Desk staff to get your invitation to create a MyBCH Clinics account.

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 Care Team can also assist you with resources, group educational opportunities and self-care management tools.

For more information, visit:

bch.org/patientresources

We value your feedback.

We appreciate knowing how we are doing as a Care Team. Periodically you may receive a survey after an appointment. Comment forms are also available in the clinic and online at:

bch.org/comments

Want to get involved?

Consider joining our Patient and Family Advisory Council (PFAC). For more information about PFAC, visit:

bch.org/pfac



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

Dakota Ridge Family Medicine

2995 Baseline Road, Suite 210, Boulder, CO 80303
303-415-8900 • bch.org/dakotaridge

Family Medical Associates

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

Frontier Internal Medicine

2101 Ken Pratt Boulevard, Suite 104
Longmont, CO 80501
303-415-4155 • bch.org/frontier

Gunbarrel Family Medicine

6685 Gunpark Drive East, Suite 110, Boulder, CO 80301
303-415-7599 • bch.org/gunbarrel

Holistic Family Practice

1155 Alpine Avenue, Suite 360, Boulder, CO 80304
303-442-8843 • bch.org/holistic

Internal Medicine Associates of Boulder

1155 Alpine Avenue, Suite 360, Boulder, CO 80304
303-415-4250 • bch.org/imaboulder

Internal Medicine Associates at Buffalo Ridge

16677 Lowell Boulevard, Broomfield, CO 80023
303-415-8820 • bch.org/imabuffaloridge

Internal Medicine Associates of Foothills

4820 Riverbend Road, Boulder CO 80301
303-415-7272 • bch.org/imafoothills

Internal Medicine Associates of Lafayette

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

Northwest Family Medicine

500 Discovery Parkway, Suite 150, Superior, CO 80027
303-415-8940 • bch.org/northwest

Spruce Street Internal Medicine

2575 Spruce Street, Boulder, CO 80302
303-415-3875 • bch.org/sprucestreet

