



## Did you know?

What makes us unique is our patient management database which we use to monitor and coordinate patient care.

## We are accessible.

You can reach us in multiple ways: online via our secured patient-portal, by phone, fax, or mail.



Our on-call doctors are available after hours by contacting us on our online patient portal or by calling our main office number.

*(Please see back for our contact information)*

## Our Providers

Dr. Breiman                      Dr. Shallish  
 Dr. Midura                      Dr. Darlow  
 Dr. Ziegler                      Dr. Berlin  
 Dr. McClelland  
 Tina Hilsdorf, RN, NP-C  
 Judy Scherer, RN, FNP  
 Liz Gebhart, RN, NP-C  
 Nicole Serrano, FNP  
 Emily Williams, FNP

## 8 Brentwood Dr.

Ithaca, NY 14850

## 209 W. State St.

Ithaca, NY 14850

Phone: 607-277-4341

Fax: 607-216-0918



2011

visit us at:  
[www.fma-ithaca.com](http://www.fma-ithaca.com)

# Patient Centered Medical Home

*A better approach to healthcare.*

Welcome to YOUR  
Family Medicine

Associates  
Medical Home



*The place where you belong!*

*Proudly serving the Ithaca  
community for over 40  
years.*

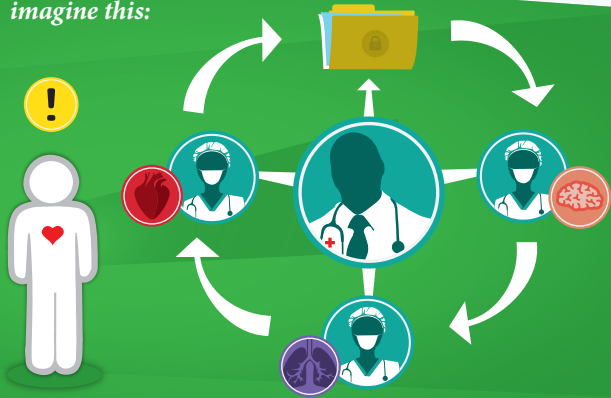
## Understanding:

# Patient Centered Medical Home

### What is a Medical Home?

Patient-Centered Medical Home is a model of patient care that uses a team-based approach and emphasizes care coordination and communication to provide quality care, help lower medical costs, and achieve an excellent patient care experience.

#### imagine this:

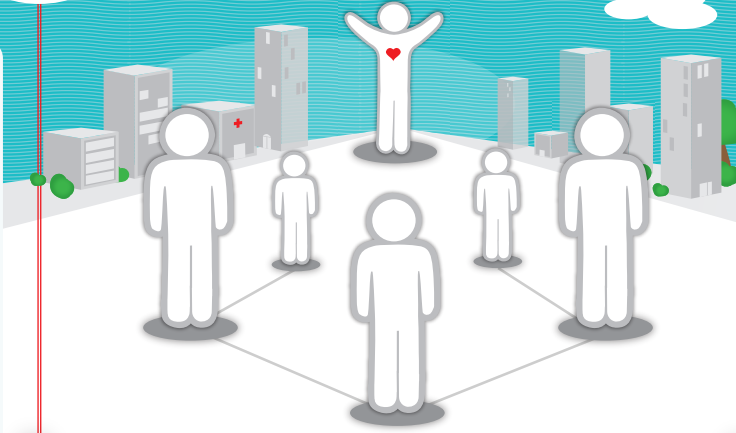


### Your role as a patient:

- Communicate closely with us.
- Keep us up-to-date with your medications, immunizations, allergies, conditions, tests, consultations, hospitalizations.
- Advise of any changes about you and your families' medical history.
- Inform and authorize your other providers to coordinate with us.
- Participate in decisions about your health
- Follow treatment plans and self-care management directions.
- Speak up and ask questions!

## We are there when you need help.

Our innovative technology enables our physicians to access your medical records anytime. This maximizes integrated care, so that we can first focus on you.



The foundation of a home is the relationship that binds its people. It is based on respect, confidence, and care.

We value your health, that's why we will ensure that you get the greatest value from your healthcare.

As part of our commitment to provide you with the highest standard of care, we partner with you and collaborate with your other providers to achieve the best quality tailored care we can offer.

### Our role as your trusted Healthcare Team:

- Provide a safe and healthy healthcare environment.
- Partner with you in making your healthcare decisions.
- Coordinate with you, your authorized representatives, and other healthcare providers.
- Keep you informed and on-track by providing:
  - Health Coaching
  - Self-Care Management Support
  - Health resources
  - Preventive care
  - Tailored care



#### WE VALUE:

- Safety
- Personalized and Comprehensive Care
- Communication
- Accessibility
- Coordination
- Continuity



### Did you know?

You can prolong your life and lower the cost of your healthcare, just by taking control of your health!

Having an annual exam with your provider can help assess and improve your overall health and well-being.

For questions or concerns about related topics, please call one of our offices and ask to speak with our Patient Centered Medical Home Coordinator.



(Please see back for our contact information)