

Eastport Health Care Offers

- PRIMARY MEDICAL CARE
- PRIMARY DENTAL CARE
- BEHAVIORAL HEALTH
- CARE MANAGEMENT
- DIABETES EDUCATION
- NUTRITION SERVICES
- HEALTH EDUCATION
- COMMUNITY HEALTH
WORKER SUPPORT

Community Resources

- AROOSTOOK MENTAL HEALTH
1-800-432-7805
- MODIVCARE TRANSPORTATION
1-855-608-5176
- MAINE TOBACCO HELPLINE
1-800-207-1230
- DOWNEAST COMMUNITY
PARTNERS-MANY RESOURCES
1-207-259-5015
- LABOR OF LOVE FOOD BANK
1-207-853-0812
- MACHIAS AREA FOOD PANTRY
1-207-259-6044
- BREAST & CERVICAL HEALTH
1-800-350-5180

LOCATIONS AND OFFICE HOURS

Eastport Health Care
30 Boynton Street
Eastport ME 04631
Tel# 207-853-6001

Machias Community Health
Center
160 Dublin Street
Machias, ME 04654
Tel# 207-255-8290

Office Hours
Monday-Friday
7:00am to 5:30pm

After-Hours Services:
For after-hours medical advice call:
Eastport: 207-853-6001
Machias: 207-255-8290

*In the event of a
Medical Emergency
Call 911*

Eastport Health Care: Your Patient Centered Medical Home

Patient-Centered medical home is a way to provide high quality health care services that meets the patient/family needs. It is a partnership between you and your primary care provider who leads a team that takes collective responsibility for your health and wellness, and arranges for appropriate care with other qualified providers/ specialists. The medical home provides more personalized, continuous, coordinated, compassionate, patient and family centered, effective and efficient care.

A medical home achieves these goals through increased communication between patients, providers and staff while taking full advantage of the latest technology to prescribe, document, communicate and track test results.





Who is involved in the Patient-Centered Medical Home Team?

The care team may include a provider, nurse, medical assistant, care coordinator, referral specialist and other professionals along with *you-the patient-* and your family. The team will work together to help you get the care and services that you need.

It is important to remember that *we*, your health care family, and *you*, the *patient*, continue to be the most important members of the care team because Patient Centered Medical Home is all about helping you.



www.eastporthealth.org

What can your care team do for you?

1. Your team will get to know you, your family, your personal situation, preferences and will encourage you to become a full partner in your care.
2. Your team will take time with you to answer all your questions so you understand all your options for care.
3. Your team will assist you in decision making to help you get the care that will provide the best outcome
4. Your team will ask for your thoughts about the care you receive. We would like to know how we are doing as a health center and encourage patients to complete their satisfaction survey.
5. Your team will work to assure you leave the office with a clear vision of how to care for yourself and ways to meet your care plan and treatment goals.
6. During your visit, the care team may give you tools to help better care for your condition. EHC uses evidenced-based care.

What can you do to stay healthy?

1. Learn as much as you can about your condition and what you can do to stay healthy.
2. Know that you are in charge of your health care. Follow the plan that was agreed on.
3. Bring a list of questions and your medication list to all appointments.
4. Remember to inform your medical home of services you may be receiving elsewhere or self-referrals so we are better able to coordinate your care.
5. Call your Medical Home with health issues or concerns. An office visit can often be scheduled quickly, even on the same day.
6. When we are closed call your medical homes regular number to speak to someone regarding medical advice.
7. Sign-up/Visit your EHC Patient Portal which is another way to connect with your care team and receive test results, appointment notifications, and much more.
8. If you are experiencing a **serious medical emergency call 911.**