

## HEALTH CARE COVERAGE

Our practice accepts most insurance plans. If you lose your insurance while you are our patient or you have no coverage to start, resources are available for you to obtain assistance. Please check with the Registration Associate at the desk.

## SAINT THOMAS HEALTH SERVICES

**MISSION** • Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable. Our Catholic health ministry is dedicated to spiritually centered, holistic care which sustains and improves the health of individuals and communities. We are advocates for a compassionate and just society through our actions and our words. **VISION** • As an integrated ministry, we will help people lead healthier lives, transforming the healthcare experience through trusted personal relationships and holistic, reverent care. **VALUES** • Service of the Poor-Reverence-Integrity-Wisdom-Creativity-Dedication

### ST. THOMAS MEDICAL PARTNERS - COLUMBIA

Monday – Friday 7:00a.m.-5:00p.m.

**Columbia** 1040 N. James Campbell Blvd. #101, Columbia, Tennessee 38401

P 931.388.8802 (Provider On-Call 24/7)

### ST. THOMAS MEDICAL PARTNERS - EXPRESSCARE

*No Appointment Necessary*

**Lenox** 6005 Nolensville Rd #205, Nashville, TN 37211 • P 615.846.1625

Open 6 Days a Week: Monday – Friday 10a.m. – 7p.m.

and Saturday 8 a.m. – 2 p.m.

**Midtown** 1911 State St, Nashville, TN 37203 • P 615.284.2015

Open 7 Days a Week: Monday – Friday 10a.m. – 7p.m.

Saturday 8a.m. – 2p.m. & Sunday 8a.m. – 12p.m.

Call the office for clinical advice or to schedule a routine or same-day sick visits. If you are a new patient or need to transfer records contact our Medical Records Dept. at **931.388.8802**



[SaintThomasDoctors.com](http://SaintThomasDoctors.com)



## PATIENT-CENTERED MEDICAL HOME YOUR CARE CENTER

How Health Care is Delivered to Patients

Call the office for clinical advice or to schedule routine or same-day sick visits. Walk-ins welcome. Provider on call 24/7.



Columbia



ExpressCare - Lenox Village



ExpressCare - Midtown



**APPOINTMENT LINE**  
**931.388.8802**

**“CARING ABOUT YOU IS THE MOST IMPORTANT  
JOB OF YOUR CARE CENTER.”**

#### **WHAT IS PATIENT CENTERED MEDICAL HOME?**

“Patient Centered Medical Home” (PCMH) is how health care is delivered to patients. Caring about YOU is the most important job of your Care Center. In this personal model of health care, your primary physician/provider at STMP - Columbia works as the gate keeper to coordinate your care with hospitalists and specialists and leads the team of health care professionals that, collectively, takes responsibility for your care. The Medical Home model emphasizes improving and maintaining lifestyles through evidence-based care. It is a medical team working together to provide you with the best possible care. Your Care Team makes sure you get the care you need - in wellness as well as illness-to heal your body, mind and spirit. Patients are responsible for providing a complete medical history and information about care obtained outside the practice. We are here to work with you and provide the support you need.

---

#### **WEBSITES TO HELP YOU MANAGE YOUR HEALTH AT HOME:**

Diabetes: [diabetes.org](http://diabetes.org)

Heart Health: [heart.org](http://heart.org)

Weight Management: [weightwatchers.com](http://weightwatchers.com)

Depression: [WebMD.com](http://WebMD.com)

Arthritis: [arthritistoday.org](http://arthritistoday.org)

## **YOUR PCMH CARE TEAM**

#### **WHO IS THE PCMH CARE TEAM?**

Your team may include a physician, advanced nurse practitioner, certified physician assistant, nurse, medical assistant, as well as other health professionals, such as a pharmacist or nutritionist. They will help you get healthy, stay healthy, and get the care and services that are right for you. When needed, your provider arranges for appropriate care with other qualified provider specialists.

#### **LEARNING ABOUT YOU.**

- \* Get to know you, your family, your life situation, and preferences. Remember these details about you every time you seek care, and suggest treatments that make sense for you
- \* Treat you as a full partner in your care
- \* Communicate with you
- \* Give you time to ask questions, and answer them in a way you understand
- \* Make sure you know and understand all of your options for care
- \* Help decide what care is best for you
- \* Sometimes more care is not better care

#### **SUPPORTING YOU IN CARING FOR YOURSELF.**

- \* Make sure you develop a clear idea of how to care for yourself
- \* Help you set goals for your care, and help meet your goals one step at a time
- \* Give you information about classes, support groups, or other types of services to help you learn more about your condition and stay healthy
- \* Encourage you to fully participate in recommended preventive screenings and services

#### **BEHAVIORAL HEALTH (BH)**

BH concerns can reveal themselves at any point in one's life. People can experience depression, anxiety, substance abuse or just need help to change unhealthy habits such as smoking or food dependency. Our providers are ready to discuss when they occur.