



Team-Based Care: Work in Partnership With Your Health Care Team

What is it?

Team-based care is a way for you and your doctor and others in your doctor's office to work as a team to care for you. In team-based care, an entire team works together with you and your family. The care team may include a doctor or nurse practitioner, registered nurse, care team coordinator, scheduler, and even pharmacist or social worker, and YOU.

How will it help me?

Team-based care can help you:

- Form better relationships with everyone at the doctor's office who has a role in your care.
- Make the most of the time you spend with your doctor, really discussing your issues, diagnosis, and treatment.

These things can help you get better results and prevent mistakes in your care.

How can I get started?

Talk to your doctor. Find out if your doctor uses team-based care and how you can be an active part of the team. If your doctor doesn't yet use team-based care, encourage him or her to look into the benefits.

What patients are saying

"I feel that I've gotten my doctor back. My doctor isn't in the computer the whole time."

What doctors are saying

"I don't spend all my time trying to figure out where to find something in the computer. I spend it with my patient, talking to them about what is important to them, seeing what they aren't willing to tell me, and engaging them in decisions about their health."

