The following Cheyenne Regional Medical Group clinics are recognized as Patient-Centered Medical Homes by the National Committee for Quality Assurance:

**Cheyenne Family Medicine**  
1950 Bluegrass Circle  
Cheyenne, WY 82009  
(307) 778-2577  
M – F / 8 a.m. – 5 p.m.

**Cheyenne Plaza Primary Care**  
800 E. 20th St. Suite 300  
Cheyenne, WY 82001  
(307) 633-7444  
M – F / 8 a.m. – 5 p.m.

**Family First**  
5416 Education Dr.  
Cheyenne, WY 82009  
(307) 778-3675  
M – F / 8 a.m. – 5 p.m.

**Cheyenne Children’s Clinic**  
(Near Downtown)  
2301 House Ave., Suite 405  
Cheyenne, WY 82001  
(307) 635-7961  
M – F / 8 a.m. – 5 p.m.

**Cheyenne Children’s Clinic**  
(East Cheyenne)  
4116 Laramie St.  
Cheyenne, WY 82001  
(307) 635-7961  
M – F / 8 a.m. – 5 p.m.
What is a Patient-Centered Medical Home?

A Patient-Centered Medical Home is not just another clinic. It’s a patient-focused approach to healthcare—the transformation of primary care into the type of care you want it to be. A medical home is for people of any age—those who are managing a chronic condition, as well as those individuals who want to maintain their health! The medical home model provides:

- High-quality whole-person care
- Care when you need it, where you need it
- Wellness and preventive care services to help you maintain your health
- Management of chronic illnesses and conditions
- Clear communication every step of the way

Your primary care provider will look at the big picture to coordinate every aspect of your care with a team of experts (e.g., nurses, nutritionists, specialists, surgeons, lab techs, behavior health providers and others). Your provider will make sure that you get the appointments you need, with the right people, at the right time. You’ll have the ability to communicate directly with your provider at any time of day using the MyChart electronic patient portal, and, from visit to visit, all your important information will be kept handy for whenever you need it.

Cheyenne Regional has four nationally recognized medical homes. We care for people of all ages—from birth through end-of-life.

What is your role in your healthcare?

You are the director of your healthcare team! In order to stay healthy, it’s important for you to be involved in your own care. By actively participating, you can be more involved and better informed about all of your healthcare needs.

- Learn as much as you can about the current state of your health. Play an active role in staying healthy.
- Ask your providers questions to make sure you understand. Write down your questions before your visits to make sure you don’t forget to ask them.
- Communicate your needs honestly and clearly to your care provider. No detail is too small!
- Be sure to inform your provider of any medications and/or vitamins you may be taking (or have taken recently).
- Follow the care plan(s) designed by you and your provider.
- Provide feedback to your healthcare team so that adjustments can be made to alter or improve your care as necessary.
- Utilize the MyChart patient portal to communicate with your provider when it’s convenient for you.

At our medical homes, it’s...

**Healthcare FOCUSED ON YOU**

- **ACCESSIBLE CARE**
  - Healthcare for everyone
  - Same-day / next-day appointments
  - Extended hours for care
  - Online & offline access to care providers

- **COMPREHENSIVE CARE**
  - Treatment for existing chronic conditions
  - Acute care & illness management
  - Prevention: screening & wellness checks
  - Surgical services

- **COLLABORATIVE APPROACH**
  - Specialized care providers & professionals working together
  - Seamless transition between visits & providers
  - Access to community-based resources
  - Active relationship between you and your care team

- **CLEAR COMMUNICATION**
  - Information about your care at each touchpoint
  - Electronic health records to keep all your information handy
  - Communication between all your care providers
  - Communication made easy, 24/7

- **PATIENT-CENTERED FOCUS**
  - High-quality care centered around YOU
  - Right type of care: when & where you need it
  - Partnership between you and your provider
  - Tailored healthcare plans to address your needs