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 1019 Cumberland Falls Hwy
Corbin, KY 40701

**YOUR
PATIENT-CENTERED
MEDICAL HOME**



After-hours care:

Call the location you regularly visit and a message will tell you how to contact the on-call provider

Hyden Clinic
606-672-1208

Levi Center Clinic
606-526-8604

Manchester Clinic
606-596-0410

Medical Campus
606-526-9005

Mountain View Clinic
606-877-2850

Pineville Clinic
606-654-3338

University of the Cumberland
Campus Clinic
606-400-6362

Women's Care
606-528-5527

Denotes recognition by NCQA as Patient-Centered Medical Homes

Make the most of your patient-centered medical home

Before Your Visit

- Prepare a list of questions and concerns
- Prepare medications and bring those with you to the appointment

During Your Visit

- Ask questions
- Help make decisions
- Discuss any other health care providers you've seen

After Your Visit

- Follow your care plan
- Tell your team if there are any changes.

**LOCAL ROOTS.
LOCAL PROVIDERS.
HOMETOWN VALUES.**



We want to give you the best health care available. That's why we adopted a different way of doing things called patient-centered medical home (PCMH).

PCMH isn't a building and we won't be coming to your house. PCMH means that you will have a team of health care providers working together to meet your unique needs.

We want you to feel at home with your health care. You'll see familiar faces who care about you and your health. We'll make sure you're getting the best possible health care.



SERVICES PROVIDED BY YOUR PCMH:

- Prevention/Wellness
- Chronic Disease Management
- Care Coordination Between Providers
- After-Hours and Urgent Care
- Evidence-Based Care
- Self-Management Support
- Patient Specific Education
- Behavioral Health Services
- Dental Services

BE ACTIVE IN YOUR CARE

You are the most important member of your health care team!

What does a PCMH mean to you?

A patient-centered medical home (PCMH) is all about you!

- Offer you better access to care
- Deliver high-quality personalized care
- Guide you through a complex, and sometimes confusing, health care system
- Partner with you to manage your health
- Assist you in selecting your personal clinician
- Provide education and self-management support resources

This health center receives HHS funding and has Federal PHS deemed status with respect to certain health or health related claims, including medical malpractice claims, for itself and its covered individuals.





CredibleMind: The One-Stop Shop for Mental Wellbeing Resources

CredibleMind is the free online platform that brings together expert-rated and vetted videos, podcasts, apps, online programs, books, and articles all in one easy-to-use place.

Confidential, anonymous, and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take a mental health assessment, and browse our library of thousands of mental wellbeing resources.

CredibleMind covers over 200 topics including:

- Stress
- Burnout
- Anxiety
- Depression
- Relationships
- Mindfulness
- Resilience
- Coping with Medical Diagnosis
- Time-Management
- Happiness
- Sleep
- Parenting
- Grief and Loss
- Flourishing
- Substance Use
- Aging

Get started today by signing up and taking a mental health assessment. Some assessments you'll find on CredibleMind are:

- Is it Job Stress or Burnout?
- What's your Mental Health Profile?
- How Strong is Your Resilience Network?
- Is Caring for Others Taking a Toll on You?
- Is Your Mind Full or Are You Mindful?
- What's Your Meditation Style?

By signing up, you will have access to: past assessment results to track improvement over time, your favorite resources, and handpicked CredibleMind resources right to your email!

The Credible Mind Behavioral Health 360 Program has partnered with Laurel County Health Department and the Laurel County Health in Motion Coalition to provide science-backed evidence you can trust.



Visit lchd.crediblemind.com to get started





DIABETES SELF-MANAGEMENT EDUCATION (DSME)

Healthy Living with Diabetes

Lynnett Renner, MS, RD, LD, LDE
Teresa Bunch, MS, CN, CLS, LDE
Tammy Sutton, MSA, RN, BSN

Nationally Accredited

Laurel County Health Dept.
Whitley County Health Dept.
Knox County Health Dept.

AUGUST 2024: 13, 20, 27TH, 9:00 – 11:00 AM

SEPTEMBER 2024: 10, 17, 24TH, 5:30 – 7:30 PM

OCTOBER 2024: 8, 15, 22ND, 9:00 – 11:00 AM

***NOVEMBER 2024: 12TH, 19, 26TH, 5:30 -7:30 PM (LAUREL
COUNTY LIBRARY) * IN-PERSON SESSIONS**

FEBRUARY 2025: 11, 18, 25TH, 9:00 – 11:00 AM

MARCH 2025: 11, 18, 25TH, 5:30 – 7:30 PM

APRIL 2025: 8, 15, 22ND, 9:00 -11:00 AM

MAY 2025: 13, 20, 27TH, 5:30-7:30 PM

TELEHEALTH EDUCATION

FROM THE COMFORT OF YOUR HOME

ATTEND ALL THREE SESSIONS TO BE ELIGIBLE FOR A DRAWING FOR A \$50 GROCERY CARD.

Session 1: Learn how diabetes affects your body, how physical activity is like medicine, how to treat a low and high blood sugar, how to plan for sick days, travel, and emergencies

Session 2: Learn how taking medications, monitoring, and health check-ups can help reduce your risk for complications related to diabetes

Session 3: Learn about healthy coping and healthy eating

REGISTRATION REQUIRED: Email diabeteshealthyliving2021@gmail.com or call Laurel County Health Department 606-864-5187.

- HIPAA POLICY/ACKNOWLEDGEMENT
- RELEASE OF INFORMATION FOR MOST RECENT A1C AND BP
- DIABETES HEALTH ASSESSMENT

BENEFITS OF DSME:

- IMPROVED BLOOD SUGAR AND A1C
- DELAY OF ONSET OR PREVENTION OF DIABETES
- IMPROVED BLOOD PRESSURE AND CHOLESTEROL
- FEWER DIABETES COMPLICATIONS
- DECREASED HEALTH CARE COSTS