

Advanced Primary Care at GBMC: Better Health Begins with Your Care Team

CONTACT US

There are multiple ways to access your provider and care team outside of an in-person office visit. These include:

MyChart Patient Portal

Manage your health 24/7 by going to www.gbmc.org/mychart. With MyChart, you can request an appointment, view certain test results, communicate with your physicians and other members of your care team, pay bills online, and request prescription refills and referrals.

Website

Visit www.gbmc.org/mydoctor to find office hours and contact information and to learn more about GBMC providers.

Phone

Call the office directly or the main GBMC number at 443-849-2000.

YOUR CARE TEAM MEMBERS:

Health. Healing. Hope.

The mission of GBMC is to provide medical care and service of the highest quality to each patient and to educate the next generation of clinicians, leading to *health, healing and hope* for the community.

VISION PHRASE

To every patient, every time, we will provide the care that we would want for our own loved ones.

GREATER VALUES

The values of GBMC are our GREATER Values of *Respect, Excellence, Accountability, Teamwork, Ethical Behavior and Results.*

GBMC

6701 NORTH CHARLES STREET
BALTIMORE, MARYLAND 21204

GBMC HealthCare includes Greater Baltimore Medical Center, GBMC Health Partners, Greater Baltimore Health Alliance, Gilchrist and the GBMC Foundation.



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注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-745-5010。

GBMC



Our Goal is to Improve Your Health and Well-Being

At GBMC, our mission is to provide the care that we would want for our own loved ones. One of the ways we do this is by delivering advanced primary care services through a multi-disciplinary care team. This means that you have a team of healthcare professionals making sure you get the best care for every part of your health and well-being. Our goal is keep you healthy and out of the hospital.

Your Care Team

Your care team is here to help you meet your health and well-being goals. Depending on your needs, a customized care team is formed to help you meet your goals and to support your primary care provider. In addition to your provider, members of your care team may include:

Nurse Care Manager:

Provides education and resources to help manage chronic diseases.

- Creates care plans and sets measurable targets to help you stay on track with your health-related goals
- Provides clinical education and resources to help you manage your health

- Contacts you after an inpatient hospital stay to schedule a follow-up visit with your primary care provider, review your medicines, and go over discharge instructions

Care Coordinator:

Helps you understand the healthcare system and provides support during your care.

- Helps you coordinate medical equipment needs, home health visits, and urgent appointments with specialists
- Connects you with community resources such as transportation assistance, medicine discounts, financial support, and grief counseling services
- Contacts you after an emergency department visit to schedule a follow-up visit with your primary care provider



Behavioral Health Consultant:

Sheppard Pratt Integrated Behavioral Health at GBMC Health Partners is a partnership that allows us to provide behavioral health resources within each primary care practice to proactively address a wide range of mental health and addiction disorders.

- Provides screening, consultations, and short-term treatment if you are having symptoms of a mental health condition or substance abuse disorder
- Connects you with local mental health or substance abuse resources when symptoms are not able to be treated using a short-term approach

KNOW BEFORE YOU GO!

Emergency Room or Primary Care Provider?

CALL US FIRST! Visit www.gbmc.org/mydoctor for a complete list of practice phone numbers.

STOP

Call 911 or go to the Emergency Room. If you need medical care now and do not feel safe to wait.

Examples:

- Trouble breathing or severe chest pain
- Difficulty speaking or not acting like oneself
- Uncontrollable bleeding
- Serious injury

SLOW DOWN

Call your Primary Care Provider

Examples:

- Dizziness
- Urinary symptoms
- Nausea or vomiting
- Headache
- Muscle or joint pain
- Worsening of asthma or COPD symptoms
- Minor allergic reaction
- Abdominal pain

GO

Visit your Doctor.

If you need medical care but feel safe to wait for regular office hours.

Examples:

- Runny nose or sore throat
- Cough without shortness of breath
- Ear or sinus pain
- Diarrhea
- Mild pain

