

Shared Decision Making

A great new way to take control of your care
at Bergen Regional Medical Center

You are the most
valuable member of your
BRMC wellness team.

Patients will soon have the ability to show clinicians how they are feeling and how things are going using BRMC's new integrated software program CommonGround.

CommonGround helps the patient and the clinician develop a treatment plan, guiding the patient with a personal medicine approach to use throughout the day. Using BRMC's new integrated software promotes a faster and more direct approach to a patient's overall wellbeing.



Feel. Share. Heal.

No one has more power than you when it comes to your treatment and recovery.

The shared decision making portal is part of a secure network. Your information can only be accessed by you and your clinical team.



Ask your clinician about shared decision making.

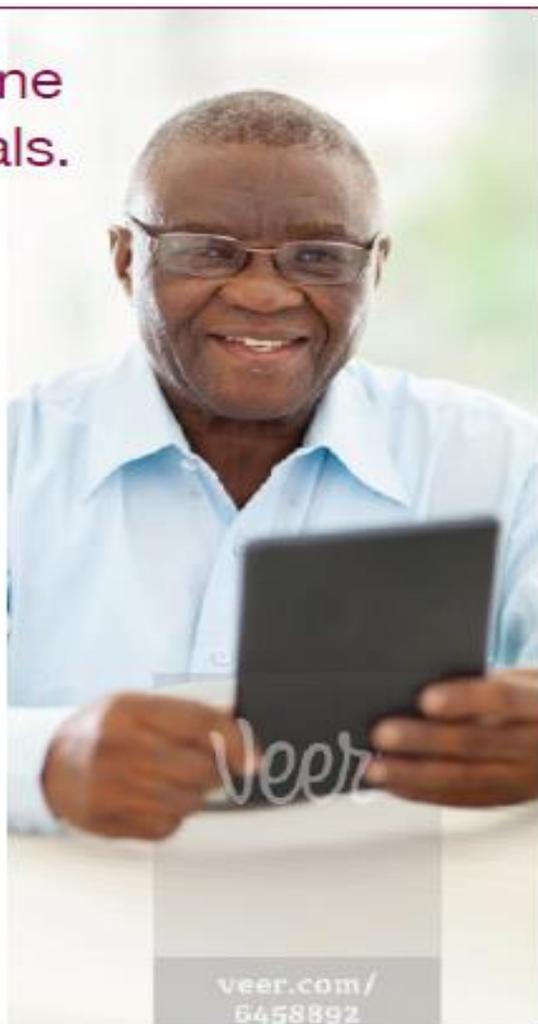
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Your personal medicine helps obtain your goals.

Personal medicine is an activity that gives your life meaning and helps you on your path to wellness. Personal medicine examples may include exercising, reading, and listening to music.

Using BRMC's new integrated software program, CommonGround, a patient has tremendous opportunity to really take hold of his/her treatment. By sharing their knowledge of their personal medicine, patients work hand-in-hand with their clinician and have the power to create better treatment plans to support positive outcomes.



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What's Your Power Statement?

A Power Statement is your map and compass that keeps you heading to your recovery goals.

What are your recovery goals?

Your doctor can't decide what your recovery goals are, only you can do that. With your Power Statement and recovery goals, your doctor knows where you want to go and can help you get there.

These tools are stepping stones in the recovery journey, bringing you to the life you want for yourself.



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