

Transitioning to Adult Care

As you become a young adult, your responsibilities increase, you become more independent, and you need to learn how to take care of yourself to remain healthy as you grow older.

Your Parents' Role

Before transitioning to an adult primary care doctor, your parents have some homework to do as well to make this transition a success. They need to:

- Help you learn how to make appointments, get prescription refills, etc.
- Suggest how you can ask questions and make sure you understand what you hear during doctor appointments.
- Check your health insurance policy to find out where and how you can get medical care that will be covered by that policy, especially if you will be leaving home.
- Check whether your current health insurance policy will cover medical care

you might need on campus if you will be attending college.

- Decide whether you will need to buy supplemental insurance to cover health care costs offered through your school.

Sign Up for My Health Online

If you remain a patient at Family Physicians once you turn 18, sign up for your own patient portal account – this is an excellent way to begin managing your health. The Patient Portal is our online patient services tool, it gives you convenient, secure online and mobile access to your doctor and health records. With the Patient Portal you can request appointments, email your doctor, request prescription refills and more. You can sign up during your next visit with us. After you sign up, download the free Healow app from the iTunes store or Google Play.

What Should I Do If I Move Away?

If you leave home after age 18, find a primary care physician in your new location. Check that your new doctor accepts your health insurance or you personally will be billed for any health care services.

If you are off to college, have your doctor refill

any prescriptions before you leave, and find the nearest pharmacy near school to have them refilled when you run out. Learn what health care services your school offers to its students and how to access those services in case you need them.

In your dormitory room or apartment, create health care reminders, such as setting an alarm to remind you when to take daily medications; keeping an up-to-date calendar with any scheduled appointments; or posting reminders and important information in a visible location in your room (Post-it notes are great for this).

Questions You May Need Answers to When Away From Home

- What is the name of your primary care physician?
- What is your health insurance plan number?
- Do you have a copy of your immunization record and medical history?
- Do you have information about your local free clinic or your school's health center, such as contact information or hours of operation, and who to call in an emergency?

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- For those with a chronic disease, do you know your diagnosis, the name and dosage of medications you take, why you take them, and the medications you should not be taking along with these medications?

Additional Information You May Need

- Any medical procedures, blood tests or shots (i.e. flu shot) you may need regularly or annually
- When to call a doctor
- When and how doctor's appointments are scheduled
- How to fill or refill a prescription
- Your legal rights and responsibilities
- Whether or not your insurance requires pre-approval for health care services, and if so, how to request authorization
- Which over-the-counter medicines to consider taking for minor illnesses
- Whether a generic medication versus a name-brand medication is available (generic brands are typically cheaper)
- The correct dosage for your medication and when it needs to be taken
- The side effects of drugs, especially in combination with other medications, alcohol and recreational drugs

Resources

Below are links FPK accessed when researching this topic. FPK does not sponsor or endorse any of these sites, nor does FPK guarantee the accuracy of the information contained on them. (All links open to new window.)

- [National Diabetes Education Program](#)
- [National Center for Medical Home Implementation](#)
- [Children's Hospital of Wisconsin](#)

Rights to Privacy

As of 2015, if you are covered under your parent's health insurance, you can get services like birth control, STI/pregnancy tests or outpatient mental health services from your usual health care provider and keep that information private, **BUT YOU MUST TAKE ACTION.**

It's simple to take action and protect your privacy: Complete the HIPAA privacy form today. (included)

Source:

<http://www.pamf.org/teen/health/transitionadultcare.html>