



FOR YOUNG ADULTS



How to Ask Your Doctor about Transitioning to Adult Primary Health Care

BEFORE YOU LEAVE YOUR PEDIATRIC DOCTOR

- At what age do I need to change to a new adult doctor?
- When do I start to meet with you on my own for part of the visit?
- What do I need to do to get ready for adult care? Do you have a checklist?
- Can I have a copy of my Medical Summary and Emergency Care Plan?
- When I turn 18, what rights in health care do I need to know about? (If I need help with making my own health care decisions, who can I talk with?)
- Will you help me move to a new adult doctor?
 - Do you have suggestions of adult doctors, and do you know if they take my insurance?
 - Can you call the new doctor and help me set up my first appointment?
 - Will you send the new doctor my current medical summary?

BEFORE YOU MAKE YOUR FIRST VISIT TO THE NEW ADULT DOCTOR

- Do you take my insurance?
- Did you receive my medical summary from my past doctor?
- What should I bring to my first visit?
- Where is the office located? Is there parking or is it near a metro/bus stop?
- What do I do if I'm sick?
 - What are the office hours, and do you have walk-in times?
 - Who and how (text, call) do I contact my provider during and after hours?
 - How do I make or change an appointment?
- Can you help me move from a pediatric to adult specialist?

Go to www.GotTransition.org for the Six Core Elements of Health Care Transition