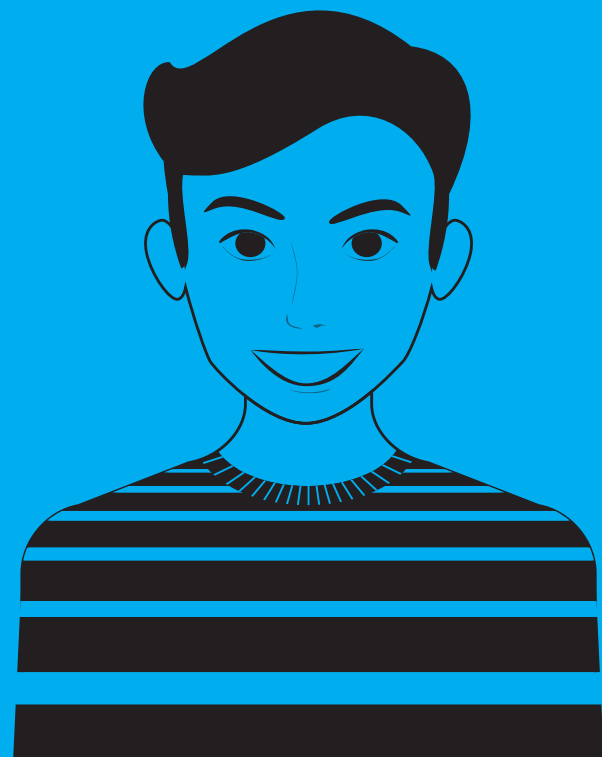


TAKE CHARGE OF YOUR HEALTH CARE

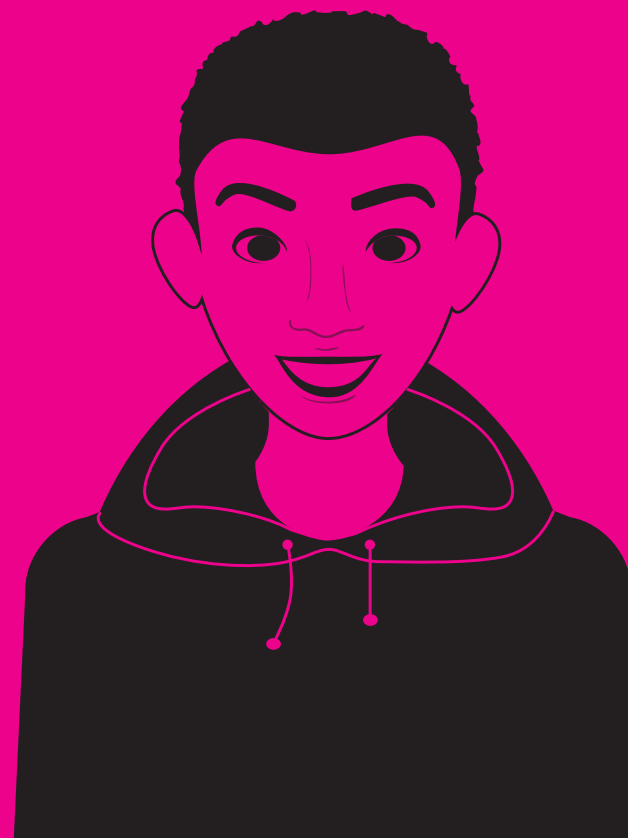
AGE 11-12

- ✓ Know your health care rights.
- ✓ Learn your personal and family medical histories, including any medications and allergies.
- ✓ Know your medications and take them on schedule.
- ✓ Talk directly with the health care provider at your appointment: Be honest and ask questions.



AGE 13-14

- ✓ Ask to spend time alone with your health care provider during your visit.
- ✓ If available, set up an online portal to view medical information and message your health care provider.
- ✓ Check in for your appointment yourself.



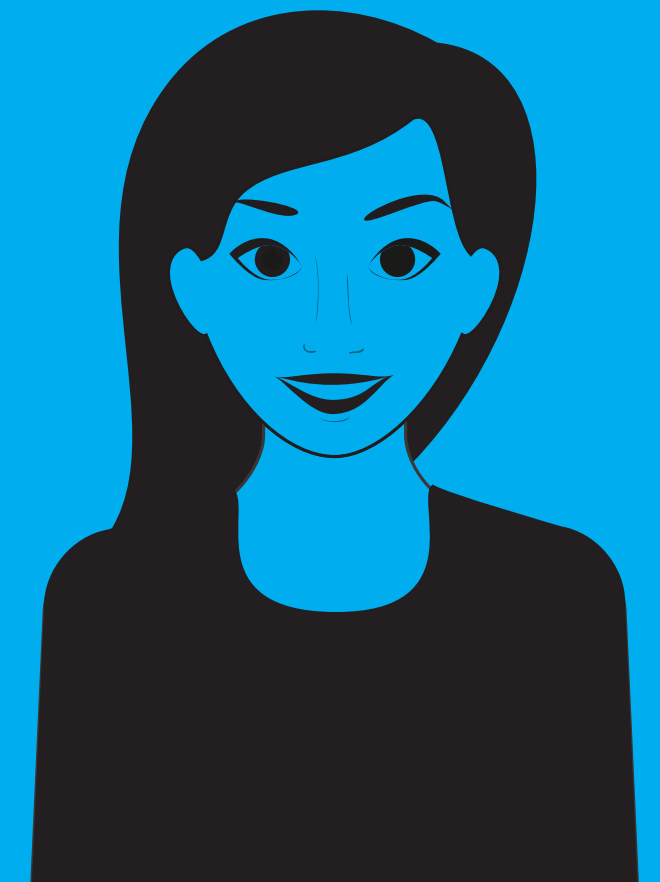
AGE 15-16

- ✓ Make your own appointments.
- ✓ Call your pharmacy to refill your prescriptions.
- ✓ Know how to contact all of your health care providers (doctor, dentist, etc.).
- ✓ Learn about your health insurance and carry your card.
- ✓ If you don't have insurance, ask about your options.



AGE 17-18

- ✓ If you are moving away from home or need to switch to an adult care provider, make a plan for where you will receive health care next.
- ✓ Transfer your medical records to your new health care provider, if applicable.
- ✓ Ask your health care provider what your privacy rights will be when you turn 18.
- ✓ Make sure you will still have health insurance after turning 18. If you won't, talk to your health care provider about options.



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