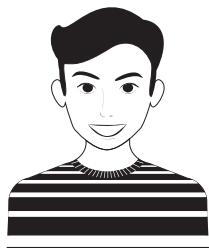




TAKE CHARGE OF YOUR HEALTH CARE

Throughout your teenage years, there are opportunities for you to take charge of your health and your health care. Your parents or guardians may currently help you do things like make appointments, fill prescriptions, and keep track of any medications you might take. As you get older, it's important for you to learn how to do these yourself.

Take a look at the chart below for ideas on how to access health care on your own. The age ranges and tips presented on this chart are just suggestions. Try out those that feel most comfortable to you. Any progress you make helps set you up for a healthy future!

AGE 11-12	AGE 13-14	AGE 15-16	AGE 17-18
<ul style="list-style-type: none"> ☑ 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. 	<ul style="list-style-type: none"> ☑ 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. 	<ul style="list-style-type: none"> ☑ 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. 	<ul style="list-style-type: none"> ☑ 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. 