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.