



YOUR INSURANCE CARD

Have your insurance card ready when you go to the doctor or to pick up a prescription. Your card will have basic information on it including the insurance provider, the policy number, and the expiration date. This information helps healthcare providers and pharmacies know how much to charge you (or not charge you).

TAKING RESPONSIBILITY FOR YOUR OWN HEALTH

CONFIDENTIALITY

If you are over 18 and go to the doctor, you don't need to worry about anyone contacting your parents. There are confidentiality laws in place to protect your rights so that you can feel comfortable talking to your doctor.

Confidentiality laws say that your doctor can't tell your parents anything you talked about during your visit unless you give permission. However, if you use your parent's insurance they may find out about the services your doctor provided during your visit when they receive their statement from the insurance company.



Will County Health Department
Adolescent Health Grant
www.willcounthyhealth.org

For more information about how to stay healthy and the resources available in your community, follow us on Facebook & Twitter

 Will County Health Department

 @WillCoHealth



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Tips for young adults about how to be in control of your own health care

HOW TO SCHEDULE AN APPOINTMENT

- Have your insurance card and other documentation available in case you're asked to provide specific information
- Know the name of the doctor you want to see
- Tell them the reason for your visit, whether you're looking for a new primary doctor or if you think you have the flu
- If you're a new patient, let the office know
- Find out if you need to bring anything to the appointment



- Driver's license or photo ID
- Health insurance card
- Copy of your medical records (if available)
- List of current medications
- List of allergies
- List of specialists (if any) you see
- List of questions for your doctor
- Pen & paper to take notes of instructions your doctor may give you
- Calendar to schedule your next appointment
- Many types of insurance require you to pay a fee for the visit. Don't forget to bring cash or a debit/credit card

GET HEALTH INSURANCE COVERAGE

Insurance is a big deal, and health care costs without insurance are expensive. Insurance will cover a portion of the cost, making health care more affordable. Look at your options for where to get health insurance coverage below:

- Your parent's health plan may cover you until the age 26
- If you are a college student, there are often student health plans available through your school
- You may be able to enroll in a plan through your employer
- You can go to a provider's website (like the health insurance Marketplace) to shop for an individual plan that fits your needs
- You can find out if you're eligible for Medicaid and receive enrollment assistance at the Will County Community Health Center



INSURANCE ENROLLMENT ASSISTANCE

The Will County Community Health Center is here to help you get enrolled in health insurance. Services include:

- Eligibility Counselors on-site, daily
- Insurance counseling
- Enrollment in Medicare and Marketplace (many other kinds of insurances)

For more information, please call the Will County Community Health Center's Outreach and Enrollment line: (815) 774-6090

LEAVING YOUR PEDIATRICIAN & FINDING A NEW DOCTOR

- Your current doctor can suggest someone who could be a good fit
- Talk to friends and family to find out who they've liked going to
- Your health insurance plan will have a list of doctors for you to choose from



Between ages 18-21, you'll begin to have health needs that you probably didn't have as a child. At that age, you will want to transition from a pediatrician to a family doctor. It's important to have a doctor who knows how to keep you healthy as an adult.

