

Things You Need To Know

Health Care Transition Timeline

Your transition begins earlier than you might think. Consider these steps when becoming more involved in your healthcare.

1

12-13 years old

Find out what age your doctor(s) no longer cares for young adults. Learn about your health conditions, medication, and allergies.

2

14-15 years old

Practice making an appointment and ordering prescription refills. Ask for a copy of your health insurance card to practice finding important information, such as the Group and Member ID numbers. Begin to see your doctor alone for part of the doctor's visit. Use that time to ask questions about your health and participate in managing your health care.

3

16-17 years old

Make a medical summary with your doctor and ask for a copy. Before turning 18, ask about privacy rights. Decide if you will need help making healthcare decisions, and speak with your doctor about the best way to accommodate your needs.

4

18-21 years old

Legally, you are now responsible for making your own healthcare decisions. Work with your doctor to find an adult doctor, and check to make sure your insurance will be accepted. Find out about any copays before the visit. Ensure that your medical summary is sent to your new doctor and schedule your first appointment.

5

22-25 years old

Continue receiving care, managing your health, and updating your medical summary with your new doctor. Be sure to stay insured. If you change your insurance, ensure that your doctor accepts it.

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What is a Health Care Transition?

A health care transition is the process of getting ready for health care as an adult.

During childhood, parents and caregivers help with health care needs. Scheduling appointments, filling out forms, and keeping track of medications. As you get older, those responsibilities become yours.

Health care transitioning includes learning independent health care skills, transferring to new doctors, and preparing for an adult model of care.

Are you ready to transition? Scan the QR code to take a health care transition quiz.



Additional Resources

For additional information on transitioning to adult healthcare, check out the websites listed below.

- gottransition.org
- pacer.org/transition



Contact Us

The Will County Health Department and Community Health Center is proud of our youth-centered and inclusive environment. If you are looking for an adolescent-centered environment to receive care, please call us **815-727-8670**.

