

18 Year Checklist

Transitioning to adult care can seem overwhelming, so we at Kids First Pediatrics have created this checklist for you to follow to make your transition as easy as possible!

Leading Up to Your 18 Year Visit

- **If you have a MyChart account, be sure to update your contact information. You may need to create a MyChart account so that your health information will be easily accessible on any device. Please note we do not use MyChart.**
- **Make sure that your own personal phone number and email address are the primary contacts with our office in case we need to contact you.**
- **Schedule your 18 year well visit with our office.**
 - Be sure to get a copy of this last visit note, vaccine records, allergy history, and growth chart so you can review all of this information with your new, adult Primary Care Physician.
- **Make a list of your current medications and over the counter medications.**
 - Know which medications need to be refilled by a physician;
 - Know your medications and any associated side effects;
 - Talk to your parents and your doctor about any questions you have about your medications;
 - Learn how to refill your medications;
 - Know the pharmacy that is most convenient for you;
 - Update your pharmacy and medication list in MyChart;
 - For mental health prescriptions, speak with your doctor about any follow-up appointments you might need and if there are any special instructions.
- **Make sure that your complete vaccine history is up to date on your MyChart, if applicable.**
 - Schools, jobs, internships, etc. often need proof of vaccine history.
 - While you can always obtain an updated copy of your vaccination records through MyChart, it is convenient to keep a pdf copy on your computer and a photo of your COVID vaccination card on your phone.
- **Fill out medical release consent forms if you would like your parent(s) or guardian(s) to continue to have access to your health information, or if you would like them to be able to schedule/talk to the practice on your behalf**
 - *Under HIPAA (Health Information Portability and Accountability Act) once you turn 18 years old, you have the right to privacy on all your healthcare information. This means that your parents can no longer schedule appointments for you or speak with a doctor on your behalf without your expressed written permission.*
- **Make sure that you have your own copy of your health insurance card and dental insurance card**

o In order to see any medical care or even get your flu shot at a local pharmacy you must show your health insurance card. It is a good idea to keep your insurance card in your wallet because you never know when you might need it. Some insurance companies may offer a digital card that can be kept on your phone. They may not accept a picture of the card, however, some will allow you to use just the picture.

o If you do not have health insurance look to see if your school or employment offers a health insurance plan

Finding an Adult Care Provider

- **Find a provider that is in your insurance network**
 - Make sure that the provider is in your network by
 - Calling the number on the back of your insurance card to confirm
 - Check the provider's website
 - Always check with the provider directly
- **Find out the best way to contact your new provider**
 - Not all providers use MyChart, so messaging might not be an option. They may only communicate by phone/email/fax instead
- **Learn how to schedule appointments with your new provider**
- **Make sure they have your correct contact information for appointment reminders**
- **When you have identified your new adult provider**
 - **Book your first appointment**
 - Request your medical records from Kids First Pediatrics by filling out the release form found in this link: [Authorization to Release Medical Information 2 \(hushforms.com\)](#)
 - If your new provider uses Epic/MyChart, they will have access to your health information; however, make sure to bring your **Portable Medical Summary** with you
- **Schedule your follow up appointments in advance to ensure no gaps in your care**
- **Endeavor Health has many great providers that are recommended by our physicians here at Kids First Pediatrics** [Find a doctor | Endeavor Health](#)

Stay on Top of Your Health as an Adult

- **Locate your closest Urgent Care and Emergency Department/Hospital that accepts your insurance**
- *Sometimes you may not be able to see your doctor when you need urgent or emergent medical care. Be sure to check the hours of operation of the urgent care and emergency department, as well as whether or not they accept your insurance. Not all centers are open 24 hours and paying for a visit without medical insurance can be expensive, even for a quick sick visit*
- **Make a list of available resources in case you get sick or need specialized care**
 - Primary Care Doctor
 - Campus student health facilities/resources

- Urgent Care centers
- Emergency Departments
- Mental health resources
- If applicable, look for a gynecologist in your area and see if they are taking on new patients
- Pharmacies that accept your insurance
- **Fill out all necessary Advanced Directives and keep copies in a safe place**
 - **Living Will**
 - *This set of instructions explains the type of life prolonging medical care you wish to accept or refuse. It can include your wishes about the use of resuscitation (CPR) if your heart stops, a ventilator if you stop breathing, or feeding tubes or IVs if you cannot eat or drink.*
 - **Power of Attorney for Health Care (POAHC)**
 - *This is a legal document that names your substitute decision maker — someone who can make medical decisions for you if you are unable to do so. An official substitute decision maker can represent your wishes about emergency care but also about other medical issues like potential treatment options, blood transfusions, surgeries, etc. Choose someone you trust, discuss your medical wishes, and make sure the person agrees to represent you in this role and is aware of your living will.*
 - Illinois POAHC Form
 - **Declaration for Mental Health Treatment**
 - *This document allows you to make decisions in advance about three types of mental health treatment:*
 - *Psychotropic medication*
 - *Electroconvulsive therapy*
 - *Short-term admission to a treatment facility*
 - **Practitioner Orders for Life-Sustaining Treatment (POLST)**
 - *In addition to the documents above, the State of Illinois recognizes the "POLST" form which stands for Practitioner Orders for Life-Sustaining Treatment. This form is a signed medical order that documents the life-sustaining treatment wishes of seriously ill patients.*
 - *Different states have different laws about advance directives.*