

18 Year Checklist

Transitioning to adult care can seem overwhelming, so we have created this checklist for you to follow to make your transition as easy as possible! In the fall after finishing high school, you will receive a call from our office confirming that you have graduated from our care. You will receive your complete medical records at the email you put on file. Your primary doctor will send 3 months of refills of your chronic medications to the pharmacy you requested in order to bridge you to your adult doctor. Please let us know if you have any questions!

Leading Up to Your 18-year Visit

- Update or Create a MyChart account so that your health information will be at your fingertips, easily accessible on any device.**
- Make sure that your own personal phone number and email address are your primary contact with us.**
- Make a list of your current medications and over the counter medications**
 - 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
 - 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**
 - Schools, jobs, internships, etc. often need proof of vaccine history
 - You can always obtain an updated copy of your vaccination records through MyChart.
- Fill out a consent form 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.**

Finding an Adult Care Provider

- Find a provider that is in your insurance network**
 - Make sure that the provider is in your network by (1) calling the number on the back of your insurance card to confirm, (2) check the provider's website, and (3) always check with the provider directly
 - Schedule your follow up appointments in advance to ensure no gaps in your care
- Request your medical records from Oak Park Pediatrics by filling out our release form which we will hold of file for you for 1 year thus giving you time to find an adult provider.