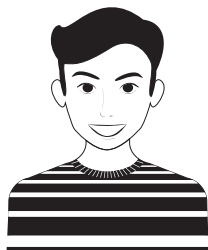




TAKE CHARGE OF THEIR HEALTH CARE

Your child's teen years are an excellent time to set them up for a healthy future! You have the opportunity to help them learn and care about their health. Just like you support your teens to develop skills, like cleaning up after themselves and driving, you can also help them learn how and why their health is important.

This chart provides some suggestions about how teens can become more involved in their health care. Different teens will be ready to take these steps at different times. Your health center can partner with you and your teen to put these tips into practice.

AGE 11-12	AGE 13-14	AGE 15-16	AGE 17-18
<ul style="list-style-type: none"> ☑ 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. 	<ul style="list-style-type: none"> ☑ 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. 	<ul style="list-style-type: none"> ☑ 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. 	<ul style="list-style-type: none"> ☑ 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. 