

Dear Patient,

Congratulations, you are on your way to becoming a young adult! We at Overlake Medical Clinics have enjoyed caring for you, and we look forward to continuing to help you with your health care as you become an adult.

We would like to help you and your family prepare for this change and to make it as easy as possible. We find it best for most patients to make this change around the time of high school graduation (or by the time you are 19). Around this time, your health care needs change and it makes sense to have a health care provider who can meet the needs of a young adult. Of course, there are always special circumstances, so feel free to discuss with your provider the right time for you to transition.

We have found the following questions helpful in preparing for these changes. Please look at the list below with your parent or provider so you can know your own health history and how to get the best care as you grow into an adult.

	Yes, I know this.	I need to learn this.	Someone needs to do this. Who?
I know my medical needs and diagnoses.			
I can explain my diagnoses to others.			
I know my symptoms that need quick medical attention.			
I know what to do if I have a medical emergency.			
I know what my medications are called, what they are for and when I need to take them.			
I know my allergies to medications.			
I know how health care privacy changes at 18.			
I can explain to others how my customs and beliefs impact my health care decisions and medical treatment.			
I know how to contact my provider's office with questions or needs.			
I know how to make an appointment with my provider.			
Before a visit, I think of questions to ask.			
I know where to get medical attention when my provider's office is closed.			
I know where my pharmacy is and how to refill medications.			
I have a plan for keeping medical insurance after age 18.			

Sincerely, Overlake Medical Clinics

