

Transitioning to Adult Care: Transferring Your Care

Let your Children’s Health team know when you find a new adult doctor. We will call them, so they are ready to see you at your first visit.

We will send them

- a copy of your medical record
- your medical history (a list of your health problems and treatments)
- a list of your medicines
- labs

Your next steps:

<p>Schedule and go to your last visit with your Children’s Health doctor.</p>	<ul style="list-style-type: none"> - Check that your information was sent to your new adult doctor. (You may have to sign a release form allows your doctor to share your information). - Ask your medical team any questions you have about transferring to your new adult doctor. - Ask for a copy of your medical record to share with your adult doctor. - Make sure you have enough medicine to last until your first adult doctor visit. - Ask who to call if you have any questions between your last visit and your first adult doctor visit. - Ask what to do if there is an emergency and who to call.
<p>Schedule visit with your new adult doctor.</p>	<ul style="list-style-type: none"> - After your medical team has sent your information to your new adult doctor, ask if they will schedule your visitor if you will need to schedule. - If you are scheduling your own visit, make note of the day and time. - Make sure they take your health insurance. - Ask how much you will need to pay at your visit. - Bring a list of your current medicines, how much you take and how often you take them
<p>Go to your first visit with the new adult doctor.</p>	<ul style="list-style-type: none"> - Get there 10-15 minutes before your visit time. - Have your health insurance card and ID with you. - Fill out any paperwork that is given to you.
<p>After your first visit with your new adult doctor, make sure to do anything they ask.</p>	<ul style="list-style-type: none"> - Sign up for patient portal. - Refill your medicine, if needed. - Get labs, if needed. - Tell Children’s Health medical team you have seen your adult doctor and have transferred your care.