BE IN CHARGE OF YOUR HEALTH

#EveryAgeEvenTeenage

Age 11-12
- Ask your doctor about your health care rights
- Learn about your medical history
- Know your medications and allergies
- Try talking to your doctor alone: Be honest and ask questions if you have them

Age 13-14
- Talk to your doctor alone during your visit
- If available, set up an online profile to view your medical information
- Check into your appointments by yourself

Age 15-16
- Set your own appointments
- Call your pharmacy to refill your medications
- Know how to contact your doctor, dentist, etc.
- Learn about your health insurance or ask about your insurance options

Age 17-18
- If you are moving away, make a plan for where you will receive care
- If needed, transfer your medical records to your new doctor
- Ask your doctor what your privacy rights will be when you are 18
- Make sure you have health insurance after turning 18