

## DO YOU HAVE A PLAN?

Doing life on your own is easier if you get organized, so make a plan. Know:

- Who your health care providers are, and how and when to call them
- What kind of insurance\* you have and how to use it
- Where the nearest hospital and urgent care facilities are
- Which pharmacy you use and where it is
- How to ask for what you need
- How to establish a "medical home."

**Some online resources to help you make a plan:**

### It's Time to Transition -

<http://www.cdphe.state.co.us/ps/hcp/transition/workbook.pdf>

### Adolescent Health Transition Project -

<http://depts.washington.edu/healthtr/>

*\*Note: As of January 2011, young adults are allowed to stay on their parents' health insurance policy until they are 26 years old and can't be denied insurance for having a pre-existing medical condition.*

## DO YOU KNOW WHERE TO GO?

To find doctors, dentists and therapists -  
HealthInfoSource.com

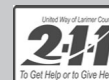
For health department services -  
Larimer.org/health/chs

To ask questions about sex - anonymous & free -  
Text "askfp" (and your question) to 36263

For information about medical home -  
Healthylarimer.org/med\_home.shtml

For community resource information -  
Uwaylc.org or call 211 (like 411, but for community resource information)

## Local Medical Home Champions



**“Medical Home,”**  
**doing IT?**  
**THINK AHEAD.**  
**PLAN NOW.**



## **ARE YOU DOING IT?**

- Are you getting ready to take care of yourself?
- Do you know where to go to get the health information you need?
- Do you know how to make your own health care appointments?
- Are you setting goals and planning for your future?

## **DO YOU KNOW HOW TO MANAGE YOUR OWN HEALTH INFO?**

Keep your health information together in one place and take it to each of your doctor appointments along with a list of questions you have. Include:

- Your doctors' names and phone numbers
- Allergies, including drug allergies
- Medications, vitamins and herbal supplements you take, plus dosages
- Chronic health problems, like asthma or diabetes
- Surgeries and hospitalizations, with dates
- Cholesterol levels, blood pressure readings and lab test, x-ray and screening results, with dates.

**Allow your doctor to share information with other health care providers when necessary. You may need to sign a permission form.**

## **DO YOU HAVE A “MEDICAL HOME?”**

A medical home isn't a place; it's a way of doing health care. If your doctors do health care in the medical home way:

- They work together to help you
- Your voice is heard
- You feel you matter!

**If you want care provided in this way,  
tell your doctors.**

