

Starting the Transition Journey

- ☐ I want to become more independent when it comes to my own health and healthcare. When can I start to meet with you on my own for part of the visit?
 - ☐ **PARENT / GAURDIAN:** How can I help support my child to meet with you alone for part of their visit?
- ☐ What do I need to learn to get ready for adult healthcare?
- ☐ Do you have a checklist of self-care skills that I need to learn?

Leaving Pediatric Care

- ☐ At what age do I need to change to an adult healthcare doctor?
- ☐ Can I work with you to prepare a medical summary? If needed, can we make a plan for what to do in case of an emergency?
- ☐ When I turn 18, what do I need to know about privacy and consent?
 - ☐ **PARENT / GAURDIAN:** If my child needs help with making health decisions, where can I get information about this?
- ☐ What kinds of doctors do I need in adult care (primary care, specialty care, behavioral health, etc.)?
 - ☐ Do you have any suggestions for adult doctors to transfer to?
 - ☐ Will you send a referral and my medical summary to my new provider?
 - ☐ Will you communicate with my new provider about what I need?
 - ☐ Before I see the new adult doctor, will you still refill my medicines and treat any acute care needs?

Choosing an adult provider and making the first appointment



Questions to ask when calling a new office for the first time:

- ☐ Do you take my health insurance? Do you require any payment at the time of the visit?
- ☐ Where is your office located? Is there parking or is it near a metro / bus stop?
- ☐ What are your office hours, and do you have walk-in times?
- ☐ What is your policy about making and cancelling appointments?
- ☐ How will I be able to communicate directly with the doctor after my visit or in the evening?
- ☐ If needed, can this doctor help me find adult specialty doctors?

Questions to ask before your first appointment with a new provider:

- ☐ Did you receive my medical summary from my pediatric doctor?
- ☐ What should I bring to the first visit?
- ☐ Who will help me when you are not available?

Starting Adult Care

Preparing for an appointment

- ☐ What are my top concerns to address at this appointment?
 - » **TIP:** Write down questions and topics to discuss on a slip of paper or on your smartphone notes app so you don't forget them.
- ☐ What medications does this doctor prescribe?
 - ☐ How many refills do I have left?
 - ☐ Will these refills last until my next appointment?
 - ☐ Do any of these medications require prior authorization?

During your appointment

- ☐ Find out who you should contact at your new office if you have any follow-up questions or concerns.
- ☐ Make sure to write down any key steps to take after this appointment:
 - ☐ Next scan or lab work?
 - ☐ Any forms you need to fill out before scheduling tests?
 - ☐ Any tests or bloodwork done to monitor any of the medications you are taking?
- ☐ Note any test results that are shared with you at the appointment and make sure you can access them in MyChart.
- ☐ Plan for your next appointment. Schedule it before you leave if possible.
- ☐ What medications does this doctor prescribe?
 - ☐ Request a refill if you need one.
 - ☐ If your medication requires prior authorization (PA), how long would it be approved for?
 - » **TIP:** Set a reminder on your phone for AT LEAST 2 weeks before the prescription expires to remind you to start the PA process
 - ☐ Determine the estimated turnaround time for prescription requests, especially if it is different for submission via MyChart versus by phone.
 - » **TIP:** Put in a request as soon as you are allowed to refill a prescription. Pay attention to weekends and holidays to avoid needing a refill around those times if possible.
- ☐ How long will it take for the medication to start working?
- ☐ What do I need to do if I miss a dose of this medication?
- ☐ Are there any other treatment options?
 - ☐ If not, what are the risk and benefits of waiting?
- ☐ If I choose to decline this test or medication, what signs or symptoms should I watch for?
- ☐ Do you have any recommendations for a second opinion?
- ☐ What would be achieved by knowing the results of this test?
- ☐ Can you help me understand the accuracy of this test?
- ☐ Will there be another follow-up test, depending on the findings from the first one?
- ☐ When will I get the results? Who will discuss them with me?
- ☐ Will my insurance cover this test?
- ☐ Are there any other things I should be aware of before starting this medication? Should I plan to:
 - ☐ Change my diet?
 - ☐ Notice any changes to sleep schedule?
 - ☐ Prepare for any behavioral changes?
 - ☐ Avoid anything specific, such as any potential food-drug, alcohol-drug, drug-drug, or supplement-drug interactions?
- » **TIP:** Be sure your healthcare team knows about every supplement that you take, no matter how safe or “over the counter” they are. Supplements are active substances that can impact the way certain drugs work in your body.

Questions to ask before you get a new medication or test

- ☐ What is this for?
- ☐ Why is this a good option for me. What risks are there to consider?
- ☐ Are there any potential complications I should consider?
- ☐ What are the side effects of this medication?
 - ☐ If there are potential side effects, what are my options for managing them?
- ☐ Who do I call, or where do I go, if I begin noticing or experiencing concerning symptoms?



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