

# 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:

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