

When you turn



# New Privileges, New Responsibilities

A guide to help you and your parents understand your new health care responsibilities

## Turning 18 is a big deal!

As you become a young adult, your responsibilities increase and you need to learn how to take care of yourself to remain healthy. A first step in taking a more active role in your health care decisions is to transition from a pediatric provider to an adult primary care provider, such as a family medicine provider.

## What Changes When You Turn 18?

- ✓ You will be responsible for providing insurance information and co-pays at the time of your appointment. **Make sure you have an insurance card with your name on it** and ask your parent/caregiver how much the co-pay will be and how to pay for it.
- ✓ You can schedule your own medical appointments. Take care of your health with regular preventative care visits.
- ✓ Even if you are still insured by your parents/caregivers, when you check in for your first visit after turning 18 you will be asked to provide your:
  - contact information
  - insurance card
  - identification
  - preferred phone number
  - email addressIf there are any charges from your visit that are not covered by insurance, the bill from the Mankato Clinic will come addressed to you.
- ✓ Sign up for your own My Health patient portal account. It gives you convenient, secure online and mobile access to your provider and health records. You can make appointments, email your provider, request prescription refills and more. Learn more at [www.mankatoclinic.com/my-health-patient-portal](http://www.mankatoclinic.com/my-health-patient-portal)
- ✓ You can refill medications on your own. Make sure you understand how and when to refill your prescriptions.
- ✓ Your parents/caregivers will no longer have access to your medical records without your consent. If you would like them to be able to see your medical records, fill out the enclosed Release of Information form and return it to the Mankato Clinic Release of Information Department.

## Choosing a Primary Care Provider



### What is most important to you?

Choose a provider you can trust and feel completely comfortable with to ensure a positive transition.

If you have a chronic illness or complicated medical history, talk with your pediatric provider about when to transition to an adult primary care provider.

For a list of Mankato Clinic providers welcoming new patients go to:  
[www.mankatoclinic.com/providers-welcoming-new-patients](http://www.mankatoclinic.com/providers-welcoming-new-patients)

After you have chosen a new provider, make an appointment to establish care and an 18 year old preventative care visit. Call **507-625-1811** to schedule an appointment.

## Your Parents/Caregiver Role

### Ask your parents/caregivers to help you :

- ✓ Learn how to make appointments, get prescription refills, etc.
- ✓ Ask questions and make sure you understand what you hear during doctor appointments.
- ✓ Select a clinic location that you can get to on your own, or while away at school, if necessary.
- ✓ Check your health insurance policy to find out where and how you can get medical care that will be covered by that policy, especially if you will be leaving home or going away to college.
- ✓ Get your own insurance card



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