
FILLING OUT HEALTH CARE FORMS

YOUTH & YOUNG ADULTS

As you get older, your parent/caregiver will not always be able to fill out forms when going to your health care provider visits. It will become important for you to know your health history, your family's health history, and who can see your health information.

Helpful Tips

- Knowing what to expect can make filling out health care forms less confusing. Make sure to have the following documents with you when you go to your provider visits:
 - Health insurance card
 - ID card
 - Shared Plan of Care (if you have one)
- With your parent/caregiver take some time to review what will happen when you go to a provider visit:
 - When you get to the clinic, a staff person will greet you and your family, if they are with you. They may give you these forms (or others):
 - **Consent to Diagnose and Treat Form** – This form gives staff permission to examine you, make a diagnosis, and treat your health issue. Depending on your age, you or your parent will be asked to sign this form, date it, and say what their relationship is to you.
 - **Registration and Health History** – This form lets you change your address, phone number, and insurance information (if needed). It also asks you to list ALL of your health issues, medications, or allergies.
 - **HIPAA (Health Insurance Portability and Accountability Act) Form** – This form allows patients to decide who can see their health information. Ask the provider's office to share information with your insurance company but start thinking of other people you might want to share this information with. A parent/caregiver cannot access the health information of someone over the age of 18 unless they are named on the HIPAA form or legal arrangements have been made.
- A staff person may make a copy of your insurance card.
- Fill out the health care forms while you wait for the provider. Carefully read the forms and write as neatly as you can. If you have questions or run out of time, let a staff person know.