

# **TRANSITION QUICK GUIDE:**

## **FINDING ADULT HEALTH PROVIDERS**



### **Primary Care Provider**

Your Primary Care Provider is the doctor or nurse you see for regular check-ups, when you don't feel well, or for health issues that you don't need to see a specialist for.

### **What do I need to know?**

- ⇒ Regular check-ups help the doctor or nurse catch problems early.
- ⇒ If you have a family doctor now and want to keep them as an adult, you do not need to find a new doctor.
- ⇒ If you have a pediatrician now, the doctor will help you find a provider that sees adults.
- ⇒ This is important because many conditions that begin in children change in youth and young adults.