
HEALTH NEEDS, MEDICINES, AND ALLERGIES

YOUTH & YOUNG ADULTS

Your teen years are a great time to learn more about your health issue, how to manage it, and practice taking medication on your own.

You can begin understanding your health needs by:

- Learning about your health issues
- Understanding when to take your medications
- Learning how to make your own appointments

Helpful Tips

- Think about what you know right now about your health issue, medications, or allergies
- Learn more about your health issue by researching it using websites like MedlinePlus. Discuss what you learned with your health care provider
- Before appointments, think of at least one question to ask your provider
- Use a pillbox or other system to keep track of when you take medications
- Use a calendar to keep track of appointments and medication refills
- Keep a copy of your insurance card with you. If you don't have a copy of your insurance card, ask your parent or caregiver for one.

Assess Your Transition Readiness

Got Transition is the federally funded national resource center on health care transition. It aims to improve transition from pediatric to adult health care using evidence-driven strategies for health care professionals, youth, young adults, and their families.

Got Transition has developed a "Health Care Transition Quiz". Take this quiz to see if you are ready to start the transition to adult health care. If applicable, share your results with your parents or caregivers.

Health Care Transition Quiz for Youth & Young Adults:

<https://gottransition.org/youth-and-young-adults/hct-quiz.cfm>