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# HEALTH RECORD PRIVACY

## YOUTH & YOUNG ADULTS

As you grow older, it's normal to want more freedom and privacy. Your health care provider may ask to speak with you alone, while your parent/caregiver waits in another room. This lets your provider talk directly with you, and lets you talk about things you may not want to talk about in front of a parent.

To make sure this conversation is private, you can make your own MyChart account. The only information parents/caregivers can see are your immunization records. If your parent/caregiver needs to use MyChart because of your health issue, CHSC staff will ask them to sign an Incapacitated Access form.

Decision-making is a skill that takes practice and experience. Practicing this skill now will help you make informed choices as you grow up.

### Helpful Tips

- When you turn 18, you are in charge of your own health care decisions. You will be the only one who can see your health information.
- If you want, you can ask your family or others to help you make health care decisions and know your health information. To do this, you must sign a form to tell staff that they can involve these people in your care.
- If you need more support, some options include:
  - Supported decision making
  - Health care power of attorney
  - Legal guardianship