

# **TRANSITION QUICK GUIDE:**

## **LEARNING ABOUT HEALTH NEEDS AND DIAGNOSES**



### **Self-Care**

Self-care involves actions you take to care for your physical and mental health. These include learning about your medical conditions, how often you need to take your medications, and how to make your own appointments.

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

- ⇒ Taking charge of your own health care takes time and patience. Seeing your provider alone, making your own appointments, and filling prescriptions may be challenging at first but gets easier with practice.
- ⇒ Learn as much as possible about your health needs, your family history, your medical condition and medications, what preventive steps help you stay healthy, and what to do in case of a medical emergency.
- ⇒ Use a calendar, either on paper or on your phone, to keep track of doctors' appointments and medication refills.
- ⇒ Have your insurance card with you at all times. If you don't have an insurance card or another document to use as proof of your insurance, ask your parents or family how to get one or contact your insurance provider.
- ⇒ Save the phone numbers and addresses of your doctors and pharmacy in your cell phone or on a card in your wallet.
- ⇒ Keep a medical summary on your phone or in your wallet that lists your diagnoses, medications, allergies, emergency contacts, and past medical services.
- ⇒ Before appointments, think of at least one question to ask the doctor or nurse.