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# MAKING APPOINTMENTS, CHECKING IN, AND COMMUNICATING WITH PROVIDERS

## YOUTH & YOUNG ADULTS

As you grow older, it's normal to want to have more freedom and privacy about your health and health care choices. You are the expert of what is going on with your body, so make sure to voice any concerns that you have with your provider! If you do not voice concerns, your provider may not know that something is bothering you. You will receive assistance from clinic staff during your visit, but you should make sure to ask questions if you do not understand something. The health care transition will be a change for you, but also for your caregiver(s). Make sure to ask them questions!

### **Helpful Tips:**

- Allow yourself to try new things, make mistakes, and learn from those mistakes.
- Depending on your age, the provider might ask to speak with you alone while your caregiver waits in the hallway. This is a normal part of growing up. Use this time alone with the provider to share any concerns you may have.
- With a caregiver or trusted adult, practice making an appointment, checking yourself in, and speaking up during the visit.
- You may only have 15 minutes with the provider during your visit. Practice what you want to tell the provider and make a list of your questions.
- At the end of the visit, you may need to check-out. This may include paying a co-pay or scheduling a future visit. Try to practice these skills with an adult.