

Personal Health Checklist

Going from childhood to adulthood is wonderful and challenging. As you get ready to become an adult, you need to know some important things about your health care. Before you turn 18, your parents usually help with health care needs and choices. But once you are 18, these things are your responsibility.

The checklist below can help you manage your own health care. Your parents or guardians can stay involved if you want them to. For example, you can talk with them about your choices. You can also use the Resource List at the end of this handout. The resources have information to help you make decisions.

1. To do – When you are age 16 and up

- Find a main doctor or other health provider, also called a “primary care provider.”
- Find specialists in your home town, if needed
- Learn what insurance you have now and after you turn 18
- Decide who will make your health care decisions when you turn 18. You might want to learn about:
 - Having an advance directive,
 - Having a guardian, and
 - Having someone who makes decisions if you are not healthy enough to make them.

- Learn and practice how to:
 - Make a medical appointment,
 - Manage your own medicines and treatment program,
 - Know the side effects of your medicines, and any foods or drinks to avoid while taking them,
 - Get prescriptions refilled,
 - Tell people about your medical condition,
 - Know when your health gets worse,
 - Make a plan for health emergencies,
 - Wear medical alert identification, if needed,
 - Carry a copy of your insurance or medical card,
 - Carry a list of the medicines you take, and
 - Carry a list of your doctors and other health care team members.

2. To do – If you need a new doctor in your home town

- Get a referral to see an adult specialist, if your insurance needs one
- Schedule an appointment to get to know your new doctor
- Gather the following health information for the new doctor:
 - Your records of medical treatment,
 - List of medicines you take,
 - Results of laboratory tests,
 - Results of imaging tests, such as MRI or CT scans, and
 - Your St. Jude doctor’s recommendations for screening tests after you finish treatment.

3. To do – When you meet your new doctor

- Talk about your past medical treatment, medicines, recent laboratory test results, and any screening tests you need.

4. To do – At your last visit with your St. Jude doctor

- Have your prescription information sent to your new doctor, so he or she can order the medicines.
- Give St. Jude the name and contact information of your new main doctor or other health provider. Also, give us information on any specialist you see in your home town.
- Sign a form that lets us share information with your new doctor, if you would like us to speak to them or send your records.

RESOURCES

The resources below have information to help you make decisions. They can also help you change from a children's doctor to an adult doctor. Please ask your social worker if you need resources for people with a specific disease.

General information on changing from childhood to adult care – This includes information on being a healthy adult, how to get your health care needs met, how to choose an adult doctor or other health care provider, and other information on changing from childhood to adult care.

- <http://www.gottransition.org/>

Health insurance information – This includes how to get insurance information in your state.

- <https://www.healthcare.gov/>

Prescription medicine and low cost clinic information – Includes information on getting help paying for your medicine and finding low cost care.

- <http://www.needymeds.org/>

Advance directive information – An advance directive is a written statement of the health care you want if you cannot make your own health care decisions. This website includes a link to every state's advance directive information.

- <http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289>

Survivorship – Information on care you need after your cancer or other disease is treated.

- <http://www.survivorshipguidelines.org/>

Resources at St. Jude

- **Do You Know handouts** – Information on many topics, including health, tests, and conditions, and changing to adult care. <http://www.stjude.org/caregiverresources>
- **Social Work department** – Can help you find resources in your community, learn about having a guardian, find college scholarships, and more.
- **FirstSource Solutions** – Can help you find a health insurance plan.