

Health Care Transition Timeline

For Utah Youth and Young Adults

Age 12-13

If you haven't already done so,

- Learn about your health condition, medications, and allergies.
- Ask your health care provider questions about your health.
- Ask your health care provider if and at what age they no longer care for young adults.
- Learn about transition resources that are important for you.
- Update your health information on your iPhone or Android smartphone.

Transition Resources

- Learn about the Division of Services for People with Disabilities (DSPD) <https://dspd.utah.gov/>
- Learn about and apply for Medicaid (State health insurance) <https://medicaid.utah.gov/apply-medicaid/>
- Learn about and apply for SSI (Social Security Disability payments) <https://www.ssa.gov/ssi/>
- Consider *Questions to Ask your Health Care Provider About Transitioning to Adult Health Care* <https://gottransition.org/resource/?hct-questions-ask-health-care-provider-youth>
- Update your medical summary <https://www.medicalhomeportal.org/living-with-child/after-a-diagnosis-or-problem-is-identified/caring-for-children-with-special-health-care-needs/managing-and-coordinating-care/care-notebook>
- Update your health information on your iPhone or Android smartphone <https://gottransition.org/resource/?setting-up-medical-id-smartphones>
- If you need help or have transition questions, click on the following link <https://health.utah.gov/cshcn/programs/transition.html>

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