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/](https://dspd.utah.gov/)
- Learn about and apply for Medicaid (State health insurance) [https://medicaid.utah.gov/apply-medicaid/](https://medicaid.utah.gov/apply-medicaid/)
- Learn about and apply for SSI (Social Security Disability payments) [https://www.ssa.gov/ssi/](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](https://gottransition.org/resource/?hct-questions-ask-health care provider-youth)
- Update your health information on your iPhone or Android smartphone [https://gottransition.org/resource/?setting-up-medical-id-smartphones](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](https://health.utah.gov/cshcn/programs/transition.html)