

Health Care Transition Timeline

For Utah Youth and Young Adults

Age 14-15

If you haven't already done so,

- Find out what you know about your health, health care, and family medical history by completing the Got Transition's Transition Readiness Assessment.
- Carry your own health insurance card and list of current medications.
- Learn how to talk about your health conditions, what to do in case of an emergency, and create a plan.
- Practice making a health care provider appointment and ordering prescription refills (either by phone, online, or through an app).
- Begin to see your health care provider alone for part of the health care provider's visit to help gain independence in managing your health, health care, and review your transition readiness assessment during your appointment.
- Update your health information on your iPhone or Android smartphone.

Transition Resources

- Investigate the Division of Services for People with Disabilities (DSPD) <https://medicaid.utah.gov/apply-medicaid/>
- Learn about and apply for SSI (Social Security disability payments) <https://www.ssa.gov/ssi/>
- Learn about and apply for Medicaid (State health insurance) <https://medicaid.Utah.gov/apply-medicaid/>
- Look at the Utah Parent Center Website for transition information <https://utahparentcenter.org>
- Take the *Transition Readiness Assessment* <https://gottransition.org/youth-and-young-adults/hct-quiz.cfm>
- Review "Question to Ask your Health care provider About Transitioning to Adult Health Care" <https://gottransition.org/resource/hct-questions-ask-health-care-provider-youth>
- Read up on Health Insurance Basics <https://kidshealth.org/en/teens/insurance.html>
- Listen to the podcast: Preparing for a Health care provider's Visit <https://www.youtube.com/watch?v=eIIsHfTT2Jc>

- 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 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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