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Get Involved in Your Health Care!

Now that you are a teenager, it is important for you to start getting more involved in your health care. We would like to encourage you to become familiar with the information below as you become an increasingly independent young adult.

Age 13:

- Be prepared to have part of your medical visit without your parent in the room
- Sign up for your own MyChart account (our patient portal)

Age 16:

- Know your height, weight, last four digits of social security number
- Know names of your health issues and medication allergies
- Know names of any medications you take and how to take them
- Know who to call in case of emergency
- Ask questions about your health at your visits; make a list ahead of time

Age 18:

- Know how to call for advice and how to schedule an appointment
- Find a way to remind yourself to take medications so you don't miss any doses
- Know your insurance information (company, type)
- Know what a referral is and when you need it
- Ask your parents about family history and any details of your medical history

Age 20:

- Schedule all your own appointments
- Speak to your health care provider on your own
- Fill out information about family medical history, allergies, and immunizations
- Fill your own prescriptions
- Take all your medications on time
- Learn how to request a referral
- Learn what a health care proxy is

Age 22:

- Talk to your doctor about best places to get your adult health care
- Know how to get copies of your medical records

Age 23:

- Transfer your care out of Amherst Pediatrics and into an adult primary care practice