

✨ 18yrs - 21 yrs

🚫👂 No Cap: It's Time to Run Your Own Healthcare

HERE'S THE DEAL 🙌

You can still hang with Kids First until you're 22 — but once you hit 18, it's time to take the wheel on your health 🚗💪

- 🧠 You get to make your own decisions
- 💬 You talk directly with your doc
- 📋 You manage stuff like test results, meds, and future plans.

Even if you're still on your fam's insurance, YOU call the shots now— like scheduling your visits, keeping up with vaccines, and knowing how your coverage works 🔍💉
But don't stress — we've got your back ❤️

We're not kicking you out 👧 👦 — we're just helping you glow up into your adult health era ✨

Wanna avoid awkward surprises (like your parents getting blocked from your records 😊)?

Check out our step-by-step guide to make things super smooth ✅



kidsfirstNW.com






Get Prepped to Be the Boss 18 yrs & up



- it's officially on you — so let's get ahead of the game

YOUR PATIENT PORTAL- TAP IN. TRACK IT. BOOK IT.

Access your:

-  Vax records
-  Lab results
-  Meds/refill requests
-  Schedule your next appt
-  Visit history



All in one place — anytime.

Scan or visit  kidsfirstnwi.com

UPDATE YOUR VAX RECORDS

School, jobs, travel, internships — they'll ask. Make sure everything's up to date (you can find them in your portal!).

GET YOUR OWN INSURANCE CARDS

Digital or physical — you'll need them once you're the one checking in at the front desk.

 *Need insurance?*

You can usually stay on your parents' plan 'til you're 26 🎉

If not, check with your school  or job  — or peep [healthcare.gov](https://www.healthcare.gov) for budget-friendly options  

BOOK YOUR ANNUAL WELL VISIT

Adulting starts with self-checks Stay on top of yearly checkups, vaccines, and anything else you need.

START TRACKING YOUR MEDS

Know what you're taking, how to get refills, and what pharmacy you prefer. Need a side effect check? Ask your doc!

HIPAA HEADS UP: ONCE YOU TURN 18, YOUR HEALTH INFO IS PRIVATE.

Your parents can contact us — but we legally can't share much unless you've given us permission.

Want to loop them in? Need to fill out a consent form.



Turning 22 soon? Or thinking about making the switch?

When you're ready to vibe with an adult doc, (no rush!),  scan here!

