



# Thinking about switching to an adult doc?

Here's how to get organized before you turn 22 (or whenever you feel ready to make the move — no pressure!)

## ✓ STEP 1: FIND A DOC THAT TAKES YOUR INSURANCE

- ✓ Go to your insurance website/app
- 🔍 Use "Find a Doctor" tool
- Search for:
  - 👩 Family Medicine (👨 all-around adult care)
  - 👨 Internal Medicine (🩺 for chronic issues + adult stuff)
  - 👩 Dermatologist (🌟 for skin, acne, etc.)
  - 👩 OB-GYN (🩸 bc, paps & peace 🏥)
- 📍 Filter for in-network + nearby
- ☎️ Call to confirm they take your plan

Adulting is hard. Surprise bills are harder.

## STEP 2: FIGURE OUT HOW TO BOOK WITH THEM


Every office is different — find out if they book online, by phone, or through an app.

- 💬 Bonus: Set up reminders so you don't miss your first visit.

## STEP 3: ONCE YOU'VE PICKED YOUR NEW PROVIDER

- Got a condition or past health stuff? Fill out a release form at [kidsfirstnwi.com](http://kidsfirstnwi.com) to transfer your records
- Create a "cheat sheet" of your health info (see the Portable Health Summary on the next page)
- Need help? We can hook you up with a Transition of Care Visit





## STEP 4: STAY AHEAD OF THE GAME

-  Book future checkups early!
- 💊 Don't wait until you're out of meds — refill before you run out!

## STEP 5: KNOW WHERE TO GO IN A PINCH

- Find an Urgent Care or ER that takes your insurance (not all do!)
- Heads up: Some urgent care spots aren't 24/7 and can be pricey if they're out-of-network — do a quick check now so you're not scrambling later!

## STEP 6: KNOW YOUR GO-TO HEALTH RESOURCES

- Your new Primary Care Doc 
- Campus health (if you're in school) 
- Urgent Care & ER locations
- Mental health services 
- A gyno (if you need one — call to see if they're accepting new patients)
- A pharmacy that works with your insurance 



# Grown-Up Docs But Make It a Vibe

**Just aged out of your pediatrician? Here's who you see now —  
and what they're for**

 **Family Medicine** – your go-to for literally everything adulting (check-ups, sick days, weird coughs, you name it)

 **Internal Medicine** – same vibe, but more  if you've got chronic stuff or need specialist energy

 **Dermatologist** – for acne, eczema, suspicious moles, and keeping your skin selfie-ready ✨

 **OB-GYN** – for  bc, pap chats, and keeping your downstairs drama-free 🩺

 **Therapist / Psych** – for vibes off, burnout, big feelings, or just needing someone to talk to 🗣️

 **Optometrist** – because screen time is real and your eyes deserve love too 🕶️

 **Dentist** – yes, still. Flossing? Optional. Seeing a dentist? Mandatory. 😬

## *Adulting Tip:*

Use your insurance app or website → “Find a Doctor” → Filter by in-network & accepting new patients. Then give ‘em a vibe check call 📞

**Adulting** =

STAYING ON TOP OF YOUR HEALTH  
YOU'RE NOT ALONE – WE'RE HERE  
TO HELP YOU MAKE THE SWITCH  
SMOOTH AND STRESS-FREE 💙

# PORTABLE HEALTH SUMMARY

Name \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Emergency Contact info \_\_\_\_\_

## ANY CONDITIONS OR DIAGNOSES YOUR NEW DOC SHOULD KNOW ABOUT?

Health Issue	When it Started	Notes

**ALLERGIES** (if any)

---



---



---



---



---



---



---



---

## MEDICATIONS

Name	Dose	Frequency
∨		

## CHECK ANYTHING THAT RUNS IN YOUR FAMILY. ADD NOTES IF NEEDED

- Asthma \_\_\_\_\_
- Cancer \_\_\_\_\_
- Diabetes \_\_\_\_\_
- High Blood Pressure \_\_\_\_\_
- Anxiety/Depression \_\_\_\_\_
- Other: \_\_\_\_\_

## ANY OTHER IMPORTANT INFO YOU'D LIKE TO SHARE WITH YOUR NEW DOC?

---



---



---



---



---

Be sure to print a copy of your immunization record and bring it with you to your new doctor's office