

Transition Checklist

- Review with your teen their personal and family medical history (use included sheet).
- Review your health insurance policy with your teen and provide them with their own copy of the card. It is important that they understand and can identify the subscriber, policy number and any expected co-pays.
- Help them fill out an emergency medical identification card (enclosed).
- Ensure they have saved emergency contact information into their cell phone.
- Encourage them towards greater independence now- allow them to schedule appointments, carry the insurance card, refill prescriptions, etc..
- Work together to identify an appropriate adult provider.
- When ready to make the final transition, notify *All Star* and request a copy of the medical records.