



Policy For Teen Transition To Adult Care

Healthy Starts Pediatrics strives to provide the best medical care to all of our patients within the scope of our training. Unfortunately, there are some situations in which our care is no longer adequate for our older patients and we must ask them to transition into adult primary care. A few of these instances are:

- A patient either becomes pregnant or becomes a parent
- A patient is past the age of 18 years old
- A patient has married

In any of the above instances, no matter the gender or gender identity of the patient, we will require the patient to transfer out of our care and into an adult family practice to ensure that the patient's medical needs will be adequately met by a physician with more expertise in adult care. A transfer to adult care should also be considered for patients whose lifestyles or life challenges mimic those of an adult, such as someone who has become engaged or emancipated, has become sexually active, or perhaps just no longer feels comfortable in the pediatric environment.

A medical record release should be completed by the parent of patients who are not yet 18, **(or must be completed by the patient if 18 years of age or an emancipated minor)** and returned to us so that we can ensure a smooth transition to the adult medical provider of choice with no interruption of care. If you have received this policy, and if warranted, please see a member of our front desk staff for a record release if you have not already received one. These can also be found on our site at www.healthystartspediatrics.com

If a patient is undergoing treatment, we will do our best to ensure treatment has been completed or, if treatment must continue for a longer term, ensure that all necessary records are promptly transferred to the PCP of choice. We encourage our older patients to take a pro-active approach in their future medical care.

Dear Patient,

We have worked with your parents over the years to keep you healthy and safe. Now that you are getting older, we would like to encourage you to take more responsibility for your healthcare. In order to help you learn how to manage your own medical needs, it is important for you to understand more about your own medical history. Please ask your parents to help you learn about following:

- Your past medical history
- The names of all medications you take as well as the dosage and frequency of the medicine
- Allergies to medications or foods
- History of your immunizations
- The name of any specialists you may have seen for care, along with their office address and phone number.

We will be happy to provide you with any information that you need to take to your future medical provider. It was a pleasure to watch you grow and we wish you joy in your future endeavors.

Sincerely,

The docs and staff of Healthy Starts Pediatrics