



## Teen Transition Guide

### Age 17 (Late Adolescence)

- I understand that I must check with my doctors before I take any medications, prescribed or over-the-counter, as they might interact with the medication(s) that I am taking for PH
- I am alone with the healthcare provider or choose who is with me during a healthcare visit
- I can tell someone my legal rights and responsibilities that I gain when I turn 18
- I manage all my medical tasks outside the home (school, work)
- I know how to get more information about my health
- I can book my own appointments, refill prescriptions, and contact my medical team
- I can tell someone how long I can be covered under my parents' health insurance plan and what I need to do to maintain coverage for the next 2 years
- I carry my insurance information (card) with me in my wallet/purse/backpack
- I can continue to list medications and doses (bring your own medication list to clinic)
- I have a good understanding of issues surrounding sexuality and reproductive issues
- If you are staying at home after high school, begin looking into local adult PH care teams you may want to work with. If planning to go to college or move away from home, look into PH care teams near the schools you are considering. Use our Find a Doctor Directory ([www.PHAssociation.org/FindaDoctor](http://www.PHAssociation.org/FindaDoctor)) or ask for a recommendation from your current PH team.

*The Teen Transition Guide has been adapted from the Vera Moulton Wall Center for Pulmonary Vascular Disease at Lucile Packard Children's Hospital. The adaptation was reviewed by Robert Schilz, DO, PhD, Dunbar Ivy, MD and Michelle Ogawa, CPNC-AP.*

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