

BE IN CHARGE OF YOUR HEALTH

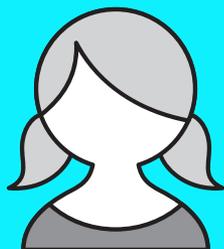
#EveryAgeEvenTeenage



[www.idph.iowa.gov/
Adolescent-Health](http://www.idph.iowa.gov/Adolescent-Health)

Age 11-12

- Ask your doctor about your health care rights
- Learn about your medical history
- Know your medications and allergies
- Try talking to your doctor alone: Be honest and ask questions if you have them



Age 13-14

- Talk to your doctor alone during your visit
- If available, set up an online profile to view your medical information
- Check into your appointments by yourself



Age 15-16

- Set your own appointments
- Call your pharmacy to refill your medications
- Know how to contact your doctor, dentist, etc.
- Learn about your health insurance or ask about your insurance options



Age 17-18

- If you are moving away, make a plan for where you will receive care
- If needed, transfer your medical records to your new doctor
- Ask your doctor what your privacy rights will be when you are 18
- Make sure you have health insurance after turning 18

