



During the transition to adulthood, surprises about the costs of health and self care often take young people by surprise. Plan for a safe journey!

HEALTH insurance

Know what type of health insurance you have access to after you leave care. Find out what you need to do to maintain eligibility for health coverage. Research what it will cost if you have to pay for your own health care. List the Medical Insurance provider and the youth's identification or client number.

HEALTH care PROVIDER

List your most current doctor, even if you no longer have health insurance. Compile medical records if multiple doctors/providers have been used. Confirm that your immunizations are up-to-date. Complete a comprehensive exam before leaving foster care, if possible.

MENTAL HEALTH insurance

Know what type of health insurance you have access to after you leave care. Find out what you need to do to maintain eligibility for health coverage. Research what it will cost if you have to pay for your own health care. List the Medical Insurance provider and the youth's identification or client number.

MENTAL HEALTH care PROVIDER

List your most current doctor, even if you no longer have health insurance. Compile medical records if multiple doctors/providers have been used. Confirm that your immunizations are up-to-date.

- FIGURE OUT WHAT YOU'LL NEED**
Identify ongoing need for physical health, mental health and substance abuse services (arranged comprehensive screenings, provided physical, dental and vision examinations, along with developmental and mental health screenings)
- PRESCRIPTIONS**
Make a list of current prescriptions. Find out if health insurance will continue to cover the cost (and for how long). Determine what the prescriptions will cost if you have to pay for them on your own. Learn about the side effects of stopping prescriptions. Figure out how to keep prescriptions in a safe place.
- HEALTH SUPPORT**
Identify supportive individuals who can help you stay healthy, including someone who would be willing to attend medical appointments and advise you in accessing resources.
- HEALTH EDUCATION**
Prepare yourself with health education, including healthy sexual decision making, awareness of birth family's physical and mental health history, prevention and transmission of sexually transmitted diseases, effects of trauma, substance abuse issues, constructive methods for coping with stress, addressing social and relational problems, anxiety, depression and other mental health issues.

- Dental**
Schedule a complete dental checkup and take care of any dental issues before leaving care, if possible. Identify a Dentist that you will continue to use and determine if coverage is available or what the cost will be if you have to pay
- Vision**
Arrange a comprehensive vision examination, determine a plan for meeting future vision needs (like glasses or contact lenses)