



www.hrtw.org

Transitions – Changing Role for Youth

Health & Wellness 101 The Basics	Yes I do this	I want to do this	I need to learn How	Someone else will have to do this - Who?
1. I understand my health care needs, and disability and can explain my needs to others.				
2. I can explain to others how our family's customs and beliefs might affect health care decisions and medical treatments.				
3. I carry my health insurance card everyday.				
4. I know my health and wellness baseline (pulse, respiration rate, elimination habits).				
5. I track my own appointments and prescription refills expiration dates.				
6. I call for my own doctor appointments.				
7. Before a doctor's appointment I prepare written questions to ask.				
8. I know I have an option see my doctor by myself.				
9. I call in my own prescriptions.				
10. I carry my important health information with me everyday (i.e.: medical summary, including medical diagnosis, list of medications, allergy info., doctor's numbers, drug store number, etc.).				
11. I have a part in filing my medical records and receipts at home.				
12. I pay my co-pays for medical visits.				
13. I co-sign the "permission for medical treatment" form (with or without signature stamp, or can direct others to do so).				
14. I know my symptoms that need quick medical attention.				
15. I know what to do in case I have a medical emergency.				
16. I help monitor my medical equipment so it's in good working condition (daily and routine maintenance).				
17. My family and I have a plan so I can keep my healthcare insurance after I turn 18.				