



# Transitioning from Pediatric to Adult Healthcare Letter to Parents

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Dear Parent,

We would like to welcome you to your child's teenage years! Over the last 10 years, we have partnered with you to keep your child healthy and safe. Now that your child has reached their teenage years, we would like your child to assume more responsibility for their healthcare.

To help your child learn how to manage their medical needs, it is important to allow them to have personal time with their provider in order to share their concerns and learn how to talk about their health history. We ask for your assistance in educating your teenager about:

- Their medical history
- The names of **all** medications they take as well as the dosage and frequency of the medicine
- Allergies
- History of immunizations
- The name of their PCP (Primary Care Provider) and specialists, along with their office address and phone number

In keeping with the American Academy of Pediatrics policy, we ask that our patients transition to an adult primary care provider between the ages of 18 and 21. Over the next few years, we will work closely with you to ensure that your child is ready to transition to an adult provider.

After your child turns 18, they are considered an adult. As part of patient confidentiality rules, you will no longer have access to their protected health

information without their consent. The University of Michigan Medical Centers offers a “Friends and Family Waiver” that your child can sign after they turn 18 which would allow us to legally continue to communicate with you. We will be discussing this form with your child as they approach their 18<sup>th</sup> birthday.

Our providers and staff welcome any questions regarding the teen transition policy described above. We look forward to the new partnership with you and your teen.

Sincerely,

University of Michigan Health System