



Transitioning from Pediatric to Adult Healthcare Letter to Teens

Dear Patient,

Welcome to your teenage years! Over the last 10 years, we have worked with your parents to keep you healthy and safe. Now that you are getting older, we would like to help you start having more responsibility for your healthcare.

To help you learn how to manage your own medical needs, it is important that you have time alone with your provider. This is a chance for you to share your concerns and to learn how to talk about your health history. Please ask your parents to help you learn about following:

- Your past medical history
- The names of **all** medications you take as well as the dosage and frequency of the medicine
- Allergies to medications or foods
- History of your immunizations
- The name of your 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 the transition to an adult primary care doctor occurs sometime between your 18th and 21st birthday. Over the next few years, we will work closely with you and your parents to make sure that you are prepared for this transition.

After you turn 18, you will be considered an adult. As part of patient confidentiality rules, your parent will no longer have access to your protected health information without your consent. The University of Michigan Medical Centers offers a “Family

and Friends Waiver” that you may choose to sign after you turn 18. Having this form on file would allow us to communicate with your parents. We will discuss this form with you as you approach your 18th birthday.

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

Please make sure you share this letter with your parents!

Sincerely,

University of Michigan Health System