

# WELL ON YOUR WAY

## Youth in Transition Program

When you transfer to the adult healthcare system, it will be important to know or at least have access to your health information. It also helps you answer many of the questions asked by health care providers. This document will help you start to think about what you already know and what you still need to find out.

<b>Name</b>	
<b>Date of birth</b>	
<b>Address (including postal code)</b>	
<b>Phone Number</b>	
<b>Alberta Health Care #</b>	
<b>What is/are your medical condition(s)? What is it called?</b>	
<b>When was/were your medical condition(s) diagnosed?</b>	
<b>What caused your medical condition? How did you get it?</b>	
<b>How does it affect your body and/or your mind? (For example, what are the signs &amp; symptoms of your condition?)</b>	
<b>Do you need medications or treatment? If so, what are they? (For example, names of medications, dosage &amp; frequency)?</b>  *Don't forget about birth control, vitamins and/or other supplements	
<b>What should you do to monitor your condition and keep yourself healthy (For example, regular blood tests, exercise, stretches, eat a special diet, check bone density regularly)? Why? How often?</b>	



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<b>How do you pay for medications, supplies and health care needs, not covered by Alberta Health care (For example, dental, eye glasses, physiotherapy)?</b>		<b>What is your plan number?</b>
<b>Where do you usually buy your prescriptions?</b>	<b>Pharmacy name:</b>	
	<b>Phone number:</b>	
<b>Who is your family doctor?</b>	<b>Doctor name:</b>	
	<b>Phone number:</b>	
<b>Who should be called in case of an emergency?</b>	<b>Name:</b>	
	<b>Relationship:</b>	
	<b>Phone number:</b>	
<b>Do you have any other special needs?</b>		
<b>Are there other questions you should be asking specific to your condition?</b>		