Navigating the Health Care System:
Owning Your Own Health Checklist

This handout was created as a take-home sheet to go along with Navigating the Health Care System, an adolescent health literacy program from Nemours Children’s Health.

For questions or more information, please contact NTHCS@nemours.org.

Owning Your Own Health Checklist

☐ Add the names, phone #s and addresses of your care providers to the contacts in your cell phone. (doctors, dentist, etc.)

☐ Get a copy of the insurance cards for all of your coverage—medical, dental, prescription (sometimes medical and prescription are on the same card). Or take a picture of the cards and keep them in a folder in your cell phone’s camera roll. (This item is for people old enough to go to medical appointments without a parent/guardian.)

☐ Add your emergency contacts and essential medical information to the Medical ID app in your cell phone.

☐ Schedule one of your own medical appointments.

☐ Check in at on your own at a medical appointment—talk to front desk and try answer all their questions without help from your parent/guardian.

☐ Fill out your own registration forms at a medical appointment.

☐ Memorize key events and dates in your personal and family medical history so that you can complete a health history form at a medical appointment (or add them to a notes page in your cell phone.)

☐ Plan for how you’ll describe your symptoms to a care provider with detail—when it started, how it feels, etc. Write it down if needed, so that you’re prepared for the appointment.

☐ Take notes on paper or in your cell phone during a medical appointment so that you don’t forget what was said after you leave the appointment.

☐ Ask your care provider for more details and/or ask follow up questions if they don’t give you enough information or the information wasn’t clear.