



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](#) lesson plans.

Owning Your Own Health Checklist

- ☐ Add the names, phone #s and addresses of your care providers to your contacts in your cell phone. (Doctors, dentist, etc.)
- ☐ Get a copy of the insurance cards for all of my 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 your own medical appointment to practice your skills.
- ☐ 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 my 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.)
- ☐ Describe my symptoms to a care provider with detail – when it started, how it feels, etc.
- ☐ Take note on paper or in my cell phone during a medical appointment so that I don't forget what was said after I leave.
- ☐ Ask my care provider for more details or to answer questions if they didn't give me enough information or the information wasn't clear.