
Navigating the Health Care System: **Owning Your Own Health Checklist**

This handout was created as a take-home document to go along with [Navigating the Health Care System](#), an adolescent health literacy program from Nemours Children's Health. This checklist is part of [a collection of resources adults can use at home to build health literacy skills among the teens in their lives](#).

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 you 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.

