

FOR TEACHERS AND EDUCATORS



Are your students ready?

Involving teens in their own health care

Navigating the Health Care System is a four-unit health literacy curriculum designed for use with young adults. It is designed to prepare high school and college-age teens to be responsible for managing their own health care as they transition into adulthood. Materials are suitable for in-class, in-home, after-school, and community settings, and can be taught virtually.

Learn more:

movinghealthcareupstream.org/navigating-the-health-care-system/



Questions? Contact us at
NTHCS@nemours.org



FOR TEENS AND YOUNG ADULTS



Are you ready?

Own your own health.

- Schedule your medical appointments
- Fill out forms
- Understand insurance
- Communicate effectively

Download our checklists and skill building resources to prepare and manage your own health and care. Check off each item on the list and you're ready.

Learn more:

[movinghealthcareupstream.org/
nthcs-resources/](https://movinghealthcareupstream.org/nthcs-resources/)

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