

TOP 10 THINGS TO REMEMBER ABOUT YOUR HEALTH CONDITION AS AN ADULT

Your health condition
requires ***lifelong*** **1**
care

2 Keep your
records
together in one handy place

Understand **3**
your health condition

Know your current
4 ***medications***
and those you used to take

Know whether you
need to take
precautions **5**
for dental visits, piercings,
tattoos, or activities

Make
6 ***mental health***
a priority

Know how your
health condition may
impact your ***future*** **7**

Stay covered by
8 ***Health insurance***
when possible

Know how to find a
doctor **9**
or specialist that is
right for you

Know when to
seek help for your
10 ***symptoms***
between appointments and how to
reach your care team