

Congratulations! You are now 18 years of age or older and are legally an adult. What an exciting and important time in your life! Your Children's Hospital Los Angeles (CHLA) team would like to assist you as you continue managing your healthcare as an adult.

At this point, "transition" is a word that you may have already heard. You will continue to hear this many times from your team over the next few years. Transition is the process of preparing you to leave pediatric care at CHLA to begin adult care somewhere else. It is important that we talk about what this will mean for you. We will help you and your caregivers make this transition as easy as possible.

Taking care of your healthcare needs can be hard. You may feel worried about planning to leave CHLA and the medical team that has cared for you for such a long time. We want to help you prepare. Now that you are an adult, we will begin to ask you to be more involved in your medical care. Together, we will help you start or continue to:

1. Meet with your medical team by yourself to discuss your health
2. Understand your medications and how they work
3. Make your own appointments
4. Understand your insurance and how it works
5. Identify adult providers (physician, nurse practitioner, physician assistant) for your primary and specialty care needs

There are a few things to know as we identify your adult providers. We need to make sure the adult center can provide you care with the type of insurance you have. We also need to check if the adult center is located near your address or location. If you have a managed care plan, you should start seeing a Primary Care Provider (PCP) six months before you turn 21. In a managed care plan, your insurance company contracts with a network of providers and health care organizations. You will choose your primary care and specialty care providers from that network.

Remember you have been preparing for transition to adult care for many years, so you can do this! Share this letter and talk with your family about these important changes! We thank you for trusting us with your care. Together we can make this transition a smooth process. We look forward to working with you on your transition over the next few years.

For questions, please contact:

Clinic/Department: _____

Phone Number: _____