

HOW TO PREPARE FOR YOUR OWN HEALTH CARE

Making decisions about your health care can be overwhelming. But being responsible for these decisions, whether you make them on your own, or with a little help from your parents, doesn't have to be.

Use the worksheet below as a guide to help your transition into adult health care.

1. Does your parents' plan cover you after you turn 19? For how long?

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2. What are the requirements to maintain coverage if you do stay on your parents' plan?

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3. Find out from your CMS Nurse Care Coordinator how Medi-Cal may change for you when you turn 19.

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4. Does your plan allow you to switch doctors when you're away at college?

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5. If you're employed, what options do you have and how much do they cost?

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