

Tips for Transitioning from Pediatric to Adult Care

A smooth transition to adult care starts early! For more information, go to mass.gov/MassHealthYoungAdults.

As you become an adult, you'll switch from seeing pediatricians to receiving adult care. You should start preparing early for this change. You can discuss it with your parent or caregiver, your pediatrician, and any pediatric specialists or other healthcare providers you see, including behavioral/mental health providers.

AGES 12–14

- Find out the age when your provider(s) stops seeing patients.
- Ask what your provider recommends for the process of moving to adult care.
- Know your health history, like medical conditions and medications you take.
- Be ready to ask and answer questions about your healthcare during appointments.

AGES 14–18

- Talk to your provider about creating a plan to move to adult care.
- Begin to look for an adult provider and think about when you're ready to transfer care.
- Make sure you are prepared to handle your health conditions on your own. For instance, if you have allergies, make sure you carry your EpiPen.

AGES 18–23

- Schedule appointments with any adult care providers you may need to see.
- Make sure these new providers have your medical information.
- Check mass.gov/NavigatingMassHealth to make sure you know if your health insurance coverage is going to change.
- Go to your annual physicals and any follow-up appointments.

Do you have complex medical care needs?
Visit mass.gov/HealthTransition for more information!

