



Take Charge of Your Health

A Guide for Teens and Young Adults

What you need to be able to do:

- Understand your health condition
- Describe your health condition
- Know when to seek urgent care
- Carry a list of your medicines
- Know health emergency numbers
- Learn about your health insurance
- Have trusted individuals programmed into your phone (ICE: In Case of Emergency)

Your Healthcare Provider, Your Partner

- Talk to your healthcare provider about ways to improve your health.
- Ask a lot of questions. It's your body!
- Be honest. The healthcare provider will not judge you.
- Start thinking ahead. Most teens switch to an adult healthcare provider, or "internist," around their 18th birthday.
- Learn why change is good. Internists and family medicine practitioners understand how an adult's body is different from a child's body.

6 Keys to Good Health

- Eat right
- Exercise regularly
- Build strong relationships
- Relieve stress
- Avoid substances like cigarettes, alcohol and drugs
- Take medications and treatments if ordered

For more information, contact your healthcare provider or

REACH

Rapport, Empowerment,
Advocacy through
Connections and Health

REACH line
215-426-5569

REACH@email.chop.edu

 The Children's Hospital of Philadelphia®
Hope lives here.

©2009 The Children's Hospital of Philadelphia, All Rights Reserved.