



Happy 18th Birthday! You are a young ADULT now!

Turning 18 comes with new responsibilities and we want you to be as prepared as possible.

As of your 18th birthday, you have the right and responsibility to your own medical care. This means you call and schedule your own appointments, sign your own forms and must give consent in writing for others, including your parents, to discuss any medical information with our practice or receive to access any of your medical records. We are happy to continue seeing you until your 21st birthday.

Helpful tips...

Save our information including phone number, address, and website in your phone so you can contact us when needed.

When you visit us for your 18 year physical, come prepared with your insurance card, preferred phone number and who you would like to access your medical information (if anyone). If you are no longer being covered by your parents insurance, you will be asked to sign a form recognizing you as being financially responsible.

Make sure to sign up for access to your patient portal. You will be able to send secure messages to our office, access immunizations, forms, labs and much more. When you turn 18, your parents' portal account is shut down unless you elect for them to have access.

During your visit you will need to have discussions with the provider. Your parents can be present if you choose but you must sign all forms and be the primary participant in your medical care.

Medical Records and Protected Health Information for Patients 18 & Older

The federal Health Information Portability and Accountability Act, or HIPAA, requires us to have a completed authorization form to allow anyone other than yourself to have access to your medical information. This includes discussion of your medical information in person or by phone, online portal access and paper records. You can find this form on our website.

Helpful Hint...

If you are going away to college and would like for your parent to be able to call regarding your medical care or to access records, be sure to have this form filled out and sent into our office.