

How do I transition to an adult primary care physician?

1. Choosing a new physician
 - Find a new physician or practice (internal medicine or adult primary care). Call the office to confirm that they are accepting new patients & inquire about their process.
 - We have attached a list of area physicians to help you find someone in your area. We also suggest inquiring about availability of your parent/guardian's adult primary care clinician.
2. Request your medical records from your pediatrician
 - We typically provide your medical records at the end of your 21 year exam appointment.
 - Complete our medical release form (found on our website or available from our office). This should be completed & returned to the office by mail, fax, or can be dropped off.
 - Once we receive your medical release form, we will process your records. You can pick them up in the office or we can mail them directly to your new PCP.
3. Call your insurance company
 - Many insurance companies require that your PCP be listed with your insurance. You should call your insurance company using the Member Services phone number on the back of your insurance card.
 - This change must be done before seeing your new physician. We strongly recommend completing this call within two weeks of requesting your records from our office.

Why is this process important?

- In addition to routine well care, you may need urgent care during illness or referrals to a specialist.
- If you take any prescribed medications, you will need your new PCP to begin prescribing these for you to prevent any lapse in refills.

How do I transition to an adult primary care physician?

1. Choosing a new physician
 - Find a new physician or practice (internal medicine or adult primary care). Call the office to confirm that they are accepting new patients & inquire about their process.
 - We have attached a list of area physicians to help you find someone in your area. We also suggest inquiring about availability of your parent/guardian's adult primary care clinician.
2. Request your medical records from your pediatrician
 - We typically provide your medical records at the end of your 21 year exam appointment.
 - Complete our medical release form (found on our website or available from our office). This should be completed & returned to the office by mail, fax, or can be dropped off.
 - Once we receive your medical release form, we will process your records. You can pick them up in the office or we can mail them directly to your new PCP.
3. Call your insurance company
 - Many insurance companies require that your PCP be listed with your insurance. You should call your insurance company using the Member Services phone number on the back of your insurance card.
 - This change must be done before seeing your new physician. We strongly recommend completing this call within two weeks of requesting your records from our office.

Why is this process important?

- In addition to routine well care, you may need urgent care during illness or referrals to a specialist.
- If you take any prescribed medications, you will need your new PCP to begin prescribing these for you to prevent any lapse in refills.