



Get Prepped to Be the Boss 18 yrs & up

- it's officially on you — so let's get ahead of the game





BOOK YOUR ANNUAL WELL VISIT

Adulting starts with self-checks! Stay on top of yearly checkups, vaccines, and anything else you need.



GET YOUR OWN INSURANCE CARDS

Digital or physical — you'll need them once you're the one checking in at the front desk.

 *Need insurance?*
You can usually stay on your parents' plan 'til you're 26 🎉

If not, check with your school 🎓 or job 💼 — or peep **healthcare.gov** for budget-friendly options 💻💰



YOUR FAMILY PORTAL- TAP IN. TRACK IT. BOOK IT.



Access your:

- ✓ Vax records
- 📝 Lab results
- 💊 Meds/refill requests
- 📅 Schedule your next appt
- 📅 Visit history

All in one place — anytime.

Scan or visit  kidsfirstnwi.com



START TRACKING YOUR MEDS

Know what you're taking, how to get refills, and what pharmacy you prefer. Need a side effect check? Ask your doc!



UPDATE YOUR VAX RECORDS

School, jobs, travel, internships — they'll ask. Make sure everything's up to date (you can find them in your portal!).



HIPAA HEADS UP: ONCE YOU TURN 18, YOUR HEALTH INFO IS PRIVATE.

Your parents can contact us — but we legally can't share much unless you've given us permission.

✓ Want to loop them in? Need to fill out a consent form.

Your pediatrician era is ending at 21..

Ready for adult care? We've got you!



TRANSITION YOUR CARE TO ONE OF OUR FAMILY PRACTICE PROVIDERS

Nicole Sutowski
MSN, APN, FNP-C

Kenneth Haluska
DNP, FNP-C
(starting 10/12/26)



Same office. Same team. Just your next chapter in care.



Scan here for more on adult care!

