



Ready for adult care? We've got you!



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TRANSITION YOUR CARE TO ONE OF OUR
FAMILY PRACTICE PROVIDERS

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(starting 10/12/26)



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

IF YOU DECIDE TO LEAVE US, HERE'S WHAT YOU NEED TO KNOW!

✓ STEP 1: FIND A DOC THAT TAKES YOUR INSURANCE

- ✓ Go to your insurance website/app 🔍 Use "Find a Doctor" tool

Search for:

- Family Medicine (👨‍⚕️ all-around adult care)
- Internal Medicine (👨‍⚕️ for chronic issues + adult stuff)
- Therapist / Psych (for vibes off, burnout, or big feelings)
- Optometrist (your eyes deserve love too!)
- Dermatologist (✨ for skin, acne, etc.)
- OB-GYN (💊 bc, paps & peace 🩺)
- Dentist (yes, still flossing!)

📌 Filter for in-network + nearby because adulting is hard, but surprise bills are harder.



STEP 2: ONCE YOU'VE PICKED YOUR NEW PROVIDER

- Download/ keep copy of immunizations from your portal
- Got a condition or past health stuff? Fill out a release form from your new provider to transfer records, if needed.
- Need help? We can hook you up with a Transition of Care Visit



STEP 3: STAY AHEAD OF THE GAME



Book future checkups early!



Don't wait until you're out of meds — refill before you run out!



STEP 4: KNOW WHERE TO GO IN A PINCH

- Find an Urgent Care or ER that takes your insurance (not all do!)
- Heads up: Some urgent care spots aren't 24/7 and can be pricey if they're out-of-network — do a quick check now so you're not scrambling later!



STEP 6: KNOW YOUR GO-TO HEALTH RESOURCES

- Your new Primary Care Doc 👨‍⚕️
- Campus health (if you're in school) 🎓
- Urgent Care & ER locations
- Mental health services 🧘
- A gyno (if you need one — call to see if they're accepting new patients)
- A pharmacy that works with your insurance 💊