# Ready for adult care? We've got you!

## TRANSITION YOUR CARE TO ONE OF OUR FAMILY PRACTICE PROVIDERS

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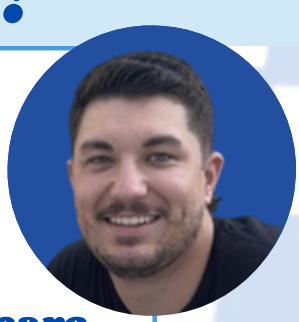
***(starting 10/12/26)***



***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 5: 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 💊