

Follow Your Path to a Healthy Adulthood



Take charge of your health care!

Schedule a well visit check-up every year with your doctor!

Know what to do when you aren't feeling well & when to call 911

Be able to talk to your doctor and make your own appointments

Know your medicines & how to get them

Find a doctor for your adult health care

Know what your health insurance plan covers and doesn't cover

For youth with special health needs:
Learn to order your medical supplies



Discover your interests & explore volunteering and work choices

Help in planning your move to adult health care

Find out about work and school options & other activities to do after high school

Identify financial resources and supports



Learn skills to do things on your own

Help with chores and cooking

Keep your Social Security card & Birth Certificate in a safe place

REACH YOUR GOALS!!

-  **Adult Health Care**
-  **After High School**
-  **Taking Responsibility**

Know how to catch the bus, taxi, rideshare or Handivan

For youth with special health needs:
Find out about SSI, power of attorney, or guardianship

Learn to make decisions and speak up for yourself

Hawai'i State Department of Health
Children with Special Health Needs Branch
741 Sunset Avenue, Honolulu, HI 96816
(808) 733-9055