

Preparing for Your Adult Provider Appointment

The office may ask you to:

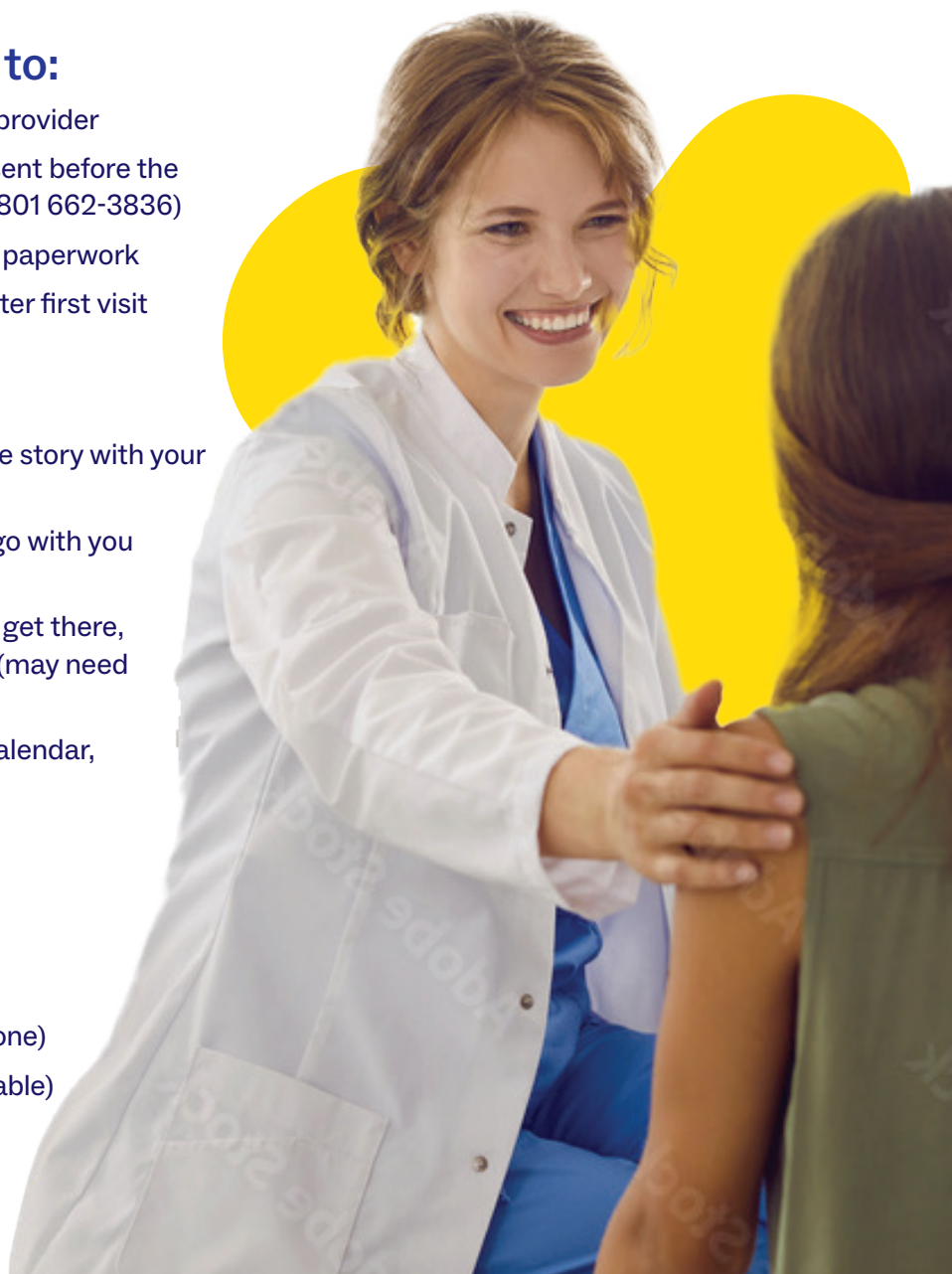
- Obtain a referral from your pediatric provider
- Request your medical records to be sent before the appointment (PCH Medical Records 801 662-3836)
- Arrive at appointment early to fill out paperwork
- Schedule a follow-up appointment after first visit

Before your visit:

- Brainstorm questions/your healthcare story with your healthcare team and/or parents
- Consider a friend/family member to go with you for support
- Know the clinic address, how you will get there, and how long it will take to get there (may need to arrive early)
- Put the appointment in your phone calendar, with a reminder

With mychart you can:

- Insurance card
- Photo ID
- A way to pay your copay (if you have one)
- Portable Medical Summary (if applicable)
- Your list of questions and concerns



Adapted from Intermountain GRAD Program, Intermountain Healthcare, Children's Health, www.GRADprogram.org, 2016.
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