TRANSITION PROGRAM

Contact Information and Insurance:

Keep a list of important contacts. Talk to my parent, guardian or social worker about what I need to do to be sure I have health insurance.

Contacts & Phone Numbers:

- Keep a list of important contacts
  - **Where?** Keep this in your wallet, phone, or another safe place
  - **Who?** Doctors, nurses, school nurse, case managers and other important caregivers
- Other tips
  - Add the phone numbers you need to set up a visit with your doctors.
  - Remember: Make your doctors and other caregivers contacts in case of emergency.
  - Put a link to your patient portal in the notes section of your doctor's contact.

Insurance:

- It's important to have health insurance. Health care and medicines can cost a lot.
  - Talk to your parent, guardian, or social worker about what you need to do to be sure you have health insurance.
- People have different ways of paying for their health care and medicine.
  - Private insurance-such as Blue Cross, Aetna, or Cigna
  - Public insurance-such as Medicare and Medicaid
- Most people need to change insurance at a certain age.
  - Medicaid: It usually ends on the 19th birthday
  - If you are on your parent's insurance: It usually ends on the 26th birthday
  - Some young adults with special needs may be allowed to stay on their parent's private insurance.
  - Ask a social worker or the parent's employer to learn more.
  - Scan the QR code for additional resources to learn more about Medical Insurance Choices for Adults.

TRANSITION PROGRAM

Children's Mercy KANSAS CITY

Contact Information and Insurance:

Keep a list of important contacts. Talk to my parent, guardian or social worker about what I need to do to be sure I have health insurance.

- **If you have insurance now:**
  - » Keep your insurance card with you in a safe place (For example, in your wallet).
  - » You will need it any time you see a doctor or get medications from the pharmacy.
  - » Find out:
    - * What your insurance pays for and what it does not pay for.
    - * When the insurance ends.
    - * What you will need to do to stay insured.
- **If you DO NOT have insurance now:**
  - » Talk to your parent, guardian, or social worker about what you need to do to get insurance.
  - » Find out what insurance plans your new doctors accept.
    - * Visit Healthcare.gov or call 1-800-318-2596
    - * To learn more about how insurance works, scan the QR codes to watch these videos
    - * Health Insurance Coverage 101 - the Basics Explained in Two Minutes - YouTube Understanding Your Health Insurance Costs | Consumer Reports - YouTube

How to Read an Insurance Card

✚ Provider

1 **Subscriber Name**
JOHN DOE

4 **Group ID**
3095923

2 **Subscriber ID**
MVP 402938716

5 **RxBIN**
005698

3 **Members**
JANE
LAUREN

	In / Out Of Network	
PCP/Specialist	0% / 20%	6
Urgent Care	50% / 75%	
Emergency Room	70% / 85%	7
Prescriptions	$5 / $35 / $70	

1. **Subscriber**
The person who has the insurance policy.

2. **Policy Number**
The number for the policy. It is also called the Subscriber ID.

3. **Members**
All the people who are covered by this policy.

4. **Group Number**
The number that tells what employer or group you get the insurance from.

5. **RxBIN Number**
The number used to get prescription information to the right insurance.

6. **Out-of-Pocket Costs**
The amount you pay for health care services when you get care. This can be a total amount or a percentage (for example, you need to pay 10% of the bill).

7. **Prescription Coverage**
Tells what prescription medicines are covered. And what you pay by tier (often generic, brand name, and high cost).

Children's Mercy
KANSAS CITY