

What to Expect as an Adult Patient

State and federal law consider you a legal adult on your 18th birthday. This means you are now responsible for your healthcare decisions and do not need parental consent for medical treatment. In addition, your parents automatically lose rights to your healthcare information unless you decide to give them access.

If you want to share health information with your parents

Fill out a release of information form—this form describes what kind of information you do and do not want to share with your parents. You can change your mind and change the form at any time.

What you can expect as an adult patient



Call for your own **appointments** and make your next one before you leave the clinic.



Check yourself in for appointments. Arrive at least 10–15 minutes before your appointment.



Present your photo ID, insurance card and pay your co-payment.



Answer questions about your medical history, family history and current medicines/supplies.



Healthcare providers will call you directly with **test results**.



Refill your own **prescriptions**.



Decide if you want to share **health information** with your parents.



Think about the best way to **communicate with your diabetes team** (i.e., phone, MyChart).

Diabetes Line
832-822-3670



YADP
Young Adult Diabetes Program



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