



Take Charge of Your Health You're the Boss Now!

Speak Up & Be Heard

- Talk directly to your doctor.
(yes, make eye contact 👁️)
- Try answering questions yourself instead of looking at your parents for answers.
- Bring questions and don't just "wing it"...
If something feels off, say it!
- ➡ Your doctor needs to hear you, not just your parent.



Use Your Tools

- Sign up for patient portals (like [MyChart](#)).
- Check your results, message your doctor, stay in the loop.
- Always grab your visit summary.
- Ask follow-ups if something comes up later.
- ➡ You don't have to remember everything—just know where to find it.




Own Your Info

- Keep a list of your doctors (names + numbers), known allergies (super important), and a list of meds/supplements you take.
- Add ICE (In Case of Emergency) contacts to your phone.
- You can still give your parents access if you want, but it's your call whether you give them **consent**.
Consent means permitting someone, such as a parent or doctor, to see or share your medical information. When you turn 18, you'll be asked to sign a form for this; otherwise, your parents won't be able to access your records or help advocate for you.
- ➡ Think of this as your **health cheat sheet**.




Navigate Like a Pro

- Try checking yourself in at appointments.
- **Get used to filling out forms.** (yeah, annoying—but useful)
- Have your insurance card ready (or a pic of it).
- Know basic info about yourself when needed.
- 👉 This is adulting... but make it manageable.




Stay on Top of Your Health

- Track symptoms or changes. (your phone = your best tool)
- **Write down questions before appointments.**
- Keep important papers in one place.
- **Ask for copies so you always have your records.**
- 👉 Future you will thank you.



Manage Your Meds

- Keep track of when you need refills.
- Know what you're taking (and why).
- **Ask questions if instructions don't make sense.**
- Track your symptoms on the **myHPP** app if you are 18+ or record them in a journal or word document.
- 👉 If you don't understand it, ask—always.



Final Thought

You don't have to figure everything out at once.
Start small:

- 👉 Pick 1–2 things to try at your next appointment.
- Every step makes you more confident, more independent, and more in control.
- You've got this.** 💪

For more information, please contact the Soft Bones Foundation
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Finding the Key to HPP