Take Charge of Your Health

A Guide for Teens and Young Adults

The Children’s Hospital of Philadelphia

Hope lives here.

Founded in 1855, The Children’s Hospital of Philadelphia is the birthplace of pediatric medicine in America. Throughout its history, a passionate spirit of innovation has driven this renowned institution to pursue scientific discovery, establish the highest standards of patient care and train future leaders in pediatrics.

For a century and a half, Children’s Hospital has served as a haven of hope for children and families worldwide.

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What you need to be able to do:
• Understand your health condition
• Describe your health condition
• Know when to seek urgent care
• Carry a list of your medicines
• Know health emergency numbers
• Learn about your health insurance
• Have trusted individuals programmed into your phone (ICE: In Case of Emergency)

Your Healthcare Provider, Your Partner
• Talk to your healthcare provider about ways to improve your health.
• Ask a lot of questions. It’s your body!
• Be honest. The healthcare provider will not judge you.
• Start thinking ahead. Most teens switch to an adult healthcare provider or “internist,” around their 18th birthday.
• Learn why change is good. Internists and family medicine practitioners understand how an adult’s body is different from a child’s body.

5 Keys to Good Health
• Eat right
• Exercise regularly
• Build strong relationships
• Relieve stress
• Avoid substances like cigarettes, alcohol and drugs

Contact Information
REACH Line: 267-426-5569
REACH — Rapport, Empowerment, Advocacy, through Connections and Health — is a program for teens and young adults ages 12-24 with special health care needs and their families, created by teens and young adults with special health care needs.

www.chop.edu

How Much Do You Know?
Fill out as much as you can, then ask your parent or caregiver and a member of your healthcare team for help, if you need it.