



**Premier Pediatrics, P.A.**  
8675 College Boulevard, Suite 100  
Overland Park, KS 66210  
913-345-9400  
913-345-9408 fax



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## 18 - 21 Year Appointment

Congratulations, you are now a young adult! At Premier Pediatrics we want to help you make this transition into adulthood. After you turn 18, your parents are no longer considered your legal representative. Under the Federal Health Information Portability and Accountability Act (HIPAA), your health records are legally between you and your healthcare provider. You may grant your parent(s) or guardian access to your medical records if you choose. However, this is *your* personal decision and may limit and/or revoke this access at any time. Please feel welcome to discuss any questions or concerns that you may have with your provider.

**Managing Your Own Healthcare** – Young adults learning to manage their own healthcare need to develop certain skills:

- Recognize that as you become more capable in directing your own care that *you*, not your parents, should:
  - ✓ **Make medical appointments**
  - ✓ **Manage your prescriptions medications**
  - ✓ **Be the most knowledgeable about your health needs**
  - ✓ **Know when to seek guidance in solving problems**
  - ✓ **Begin carrying your insurance card** (this should be kept in a wallet or another place that is easily accessible)
- Ability and willingness to tell the doctor about your history, current symptoms, lifestyle, and self-care.
- Willingness to follow medical recommendations that have been mutually developed by you and your doctor.
- More involvement in keeping yourself well: with diet and weight control, exercise, and recreation; following good hygiene behaviors; limiting risk-taking behaviors (such as drinking alcohol, smoking, taking non-prescription drugs, or unsafe sexual practices); and getting help when you feel angry, lonely, or sad for long periods.
- Begin to understanding your healthcare benefits and insurance plan; such as, what services and providers are covered or not covered. Also, you may need to discuss with your parents whether your plan has a co-pay for medical services and figure out a plan to pay for medical services if/when they are needed.

### Appointments at Premier Pediatrics

Even though you're getting older, we still care about your health. You can call to speak with a nurse at Premier Pediatrics any time you have questions and/or to arrange prescription refills. You are welcome to continue making appointments through about 21 years (or through the end of your first degree). If you are scheduling appointments for times when you are back home on break, please be sure to schedule these appointments early!

### Walk-In Clinic

Premier Pediatrics does offer a Walk-In Clinic for acute issues (such as ear pain, rashes, sore throats, eye problems, warts, wounds/injuries, not feeling well, etc.) from 8AM-4:30PM Monday-Friday and 8AM-11AM on Saturday. You are welcome to use this service and no appointment is necessary. All of our providers do participate in our walk-in clinic.

### Contact Info and Hours

Premier Pediatrics  
8675 College Blvd., Suite 100  
Overland Park, KS 66208

Phone: 913-345-9400  
Fax: 913-345-9408

Website: [www.premierforkids.com](http://www.premierforkids.com)

Hours: Monday thru Friday 8AM-4:30PM  
*scheduled appointments and walk-in clinic*  
Saturday 8AM-11AM  
*walk-in clinic only*

## Your Daily Life

- Visit the dentist at least twice a year
- Protect your hearing at work, home and concerts
- Eat a variety of healthy foods
- Eat breakfast every morning
- Drink plenty of water
- Make sure to get enough calcium (have 3 or more servings of low-fat or fat-free milk and other low-fat dairy products each day)
- Aim for 1 hour of vigorous physical activity
- Be proud of your yourself when you do something well

## Healthy Behavior Choices

- Support friends who choose not to use drugs, alcohol, tobacco, steroids or diet pills
- If you use drugs or alcohol, you can talk to your provider about it; we can help you with quitting or cutting down on your use
- Make healthy decisions about your sexual behavior
- If you are sexually active, always practice safe sex; always use a condom to prevent STI's
- All sexual activity should be something you want; no one should ever force or try to convince you
- Find safe activities at school and in the community

## Violence and Injuries

- Do not drink and drive or ride in a vehicle with someone who has been using drugs or alcohol; if you feel unsafe driving or riding with someone, call someone you trust to drive you
- Always wear a seat belt in the car
- Know the rules for safe driving

## I'll be leaving for college soon. What do I do if I get sick?

Keeping yourself healthy is the best way to avoid getting sick. Three important things you can do are rest, eat well, and exercise.

**Rest.** Don't skimp on rest! Too little sleep can cause some serious problems, like:

- You may be more likely to catch colds and other minor illnesses. Your body cannot fight off germs as well when you are tired and run-down.
- You are more likely to feel stressed or become depressed.
- You may have a hard time staying awake in class.
- You may have trouble concentrating on papers and tests.

So, be sure to get about 8 to 9 hours of sleep a night whenever you can.

**Eat well.** Vending machine food or fast-food may be quick and cheap when you are busy and on a budget but eating well is important. Try to remember to:

- Eat fruits and vegetables every day (your goal should be 5 a day).
- Eat lean meats, fish, and poultry.
- Eat foods high in calcium, like low-fat dairy products.
- Limit junk food or foods with a lot of fat, sugar, and salt.
- Limit sugary drinks such as pop, juice, sweetened teas or coffees, and sport drinks.

## Health care on campus

If you are going to live on campus, check to see if your school has a student health service. It's a place you can go for medical care, advice, information, and counseling. Student health services are usually well-staffed with a variety of health professionals. Additionally, Dr. Winburn, Dr. Bush, and Dr. Shakya do still care about your health! You are welcome to call our office to speak with a nurse anytime you have questions or concerns.

- Never allow physical harm of yourself or others at home or school
- Always deal with conflict using nonviolence
- Remember that healthy dating relationships are built on respect and that saying "no" is OK
- Fighting and carrying weapons can be dangerous

## Your Feelings

- Figure out healthy ways to deal with stress
- Try your best to solve problems and make decisions on your own.
- Most people have daily ups and downs; but if you are feeling sad, depressed, nervous, irritable, hopeless, or angry, talk with your provider or another health professional
- We understand sexuality is an important part of your development; if you have any questions or concerns, we are here for you

## School and Friends

- Take responsibility for being organized enough to succeed in work or school
- Find new activities you enjoy
- Consider volunteering and helping others in the community on an issue that interests or concerns you
- Form healthy friendships and find fun, safe things to do with friends
- As you get older, making and keeping friends is important; you may find that you drift away from some of your old friend – that's normal
- Evaluate your friendships and keep those that are healthy
- It is still important to stay connected with your family

It is possible to eat a healthy vegetarian diet at college. However, this may require some additional planning to make sure you get all the nutrients you need.

**Exercise.** An important part of staying healthy is getting enough exercise. There are 3 basic types of exercise, and ideally everyone should do all 3:

- Aerobic exercise strengthens your heart and lungs. These are activities like biking, running, fast walking, swimming, active dancing, and rowing.
- Strengthening exercise tones and builds muscles and bone mass. You can do this by doing sit-ups, push-ups, and leg lifts, or by working out with weights or resistance bands.
- Stretching exercise, like yoga, improves your flexibility or range of motion.

Don't have time to work out? There are many ways to sneak exercise into your day. Like instead of driving or taking the bus to class, try walking or riding a bike. If you are not used to exercising, or if you have a chronic health problem, talk with your pediatrician before starting an exercise program.