



South Carolina
Pediatric Alliance



THE ADULT PATIENT

TRANSITION TOOLKIT

A Smooth Transition into Adult
Primary Care –
At Your Pace

As part of your healthcare journey, this is the time to transition from pediatric care to an adult primary care provider (PCP). This is a normal and important step toward managing your health independently.

Over the past few years, we've worked with you to build the skills needed to take ownership of your healthcare—understanding your medical history, managing medications, and navigating appointments. Now, it's time to take the next step.

What you should do next:

- Review the list of adult PCPs accepting new patients
- Choose a provider that fits your needs (location, insurance, preferences)
- Schedule a transition to adult care well visit with your current provider or, if you choose, schedule an initial visit with your adult provider.

We're here to support you:

- You can request a copy of your medical records at any time
- We can help transfer your records to your new provider
- If needed, we can guide you through selecting a provider

Important to know:

Our practice will continue to support you for a limited time during this transition. However, ongoing care should be established with an adult PCP to ensure your healthcare needs continue to be met appropriately.

If you have questions or need help getting started, please reach out—we're happy to assist. We're proud to have been part of your care and are here to help make this transition smooth and successful.

Sincerely,

your care team



NEXT STEPS

Choose a new doctor

- Use the list we provided of adult doctors accepting new patients
- Pick one based on location, insurance, and what feels right for you

Schedule a transition to adult care well visit appointment

- Call or go online to book your visit with your current provider

Get your health information

- You can:
 - Log into your patient portal
 - Request your records
- Your new doctor will need:
 - Medications
 - Immunizations
 - Medical history



Start managing your care

You're in charge of your health now. That means:

- Scheduling your own appointments
- Knowing your medications and why you take them
- Asking questions during visits

CHECKLIST

Information You'll Provide to Your New Provider

Demographics

- Photo ID (driver's license, state ID, or passport)
- Insurance Card
- Guardianship or health proxy documents, if needed
- Emergency Contact Information

Your Medical Information

- List of current medications
- List of allergies
- Past medical conditions or diagnoses
- Surgery and/or hospital history
- Pharmacy name and location

Records

- Immunization (vaccine) record
- Problem List
- Recent Visit Summaries
- Care Plans, if any

INSURANCE

Getting Insurance as an Adult (Age 21+)

Step 1: Know Your Options

In South Carolina, most people get insurance one of these ways:

- Through your job (if offered)
- Through HealthCare.gov (Marketplace plans)
- Through Healthy Connections Medicaid (if income qualifies)

If you're not sure which one applies to you—start with the Marketplace. It will check Medicaid for you automatically.

Step 2: Gather What You Need

Have this ready before applying:

- Social Security Number (if you have one)
- Income info (paychecks, job info)
- Monthly expenses (rent, utilities)
- Household info (who you live with)

These are required to determine eligibility and savings.

Step 3: Apply for Coverage

Option A: Medicaid (Free/Low Cost)

- Apply online through state Medicaid
- Or apply through Marketplace (they will send your info if eligible)

Medicaid is for people with limited income and certain qualifying situations.

Option B: Marketplace Plan

- Go to HealthCare.gov
- Compare plans and prices
- Check if you qualify for financial help

Many people qualify for lower monthly costs based on income.

INSURANCE

Step 4: Know When to Apply

- ❑ Open Enrollment typically runs Nov 1 – Dec 15 each year
- ❑ Special Enrollment: If you:
 - Lose insurance
 - Move
 - Turn 26 / age out of coverage

Coverage usually starts Jan 1 if you enroll on time.

Step 5: Choose a Plan

When comparing plans, look at:

- ❑ Monthly cost (premium)
- ❑ Deductible (what you pay before insurance starts)
- ❑ Copays (visit costs)
- ❑ Doctors included in network

Step 6: Enroll & Pay First Bill

- ❑ Pick your plan
- ❑ Pay your first premium
- ❑ Watch for your insurance card in the mail

💡 Helpful Tips

- You can stay on a parent's plan until age 26 (if available)
- Apply even if unsure—you may qualify for savings
- Free help is available through local organizations like SC Thrive

Need Help?

- Ask our office—we can guide you
- Call Marketplace: 1-800-318-2596
- Visit [HealthCare.gov](https://www.HealthCare.gov)