

CHECKLIST: SHIFTING TO ADULT ENDO CARE

This checklist will guide you through the shift from pediatric to adult endocrinology care.

☐ Insurance Coverage Review

Understand your insurance coverage for adult endocrinology care. Most health insurance companies have apps, patient portals, and/or websites where you can browse in-network providers and clinics. You can also call the customer service number on the back of your insurance card.

For details on how to go about this, please see our guide: [Shift Script: Calling Your Insurance](#). This guide provides a detailed walkthrough, including what to say, when calling!

☐ Choose a Clinic

Now that you've determined which endocrinology clinics are covered by your insurance plan, you will need to choose which clinic you would like to establish your adult endocrinology care.

It's important to decide what's most important to you and your family in starting this new relationship. You can organize your search to make sure you can find someone who will be able to provide what you need.

For details on how to go about this, please see our Shift guide: [Identifying a New Adult Provider](#) or our [Adult Endocrinology Location Lists for MN and WI](#).

☐ Get an Endocrinology Referral

Before scheduling your first adult endocrinology appointment, you will need to get an endocrinology referral. You can ask your current Children's MN endocrinologist or primary care provider to send this referral to your new clinic.

Be sure to have the name and contact information of your new adult endocrinology clinic ready when asking for a referral!

☐ Schedule Appointment with an Adult Endocrinologist

Call the adult endocrinology clinic or doctor's office to schedule your first appointment. Note that it can often take 6 months or more to get in with an adult endocrinologist as a new patient, so plan ahead!

Refer to the script provided for guidance: Shift Script: Scheduling an Appointment.

☐ Send Medical Records to Your New Clinic.

Please contact the Children's MN Health Information Management (HIM) department at 612-813-6216 with your records transfer request. HIM will be able to fax your medical records directly to your new endocrinologist's office. Make sure to have the new clinic's fax number handy before calling!

To note: You will need to sign a release of information for your new adult endocrinology clinic to give permission for Children's MN to send over your medical records.

For details on how to go about this, please see our guide: Shift Script: Gathering Medical Records. This guide provides a detailed walkthrough, including what to say, when calling!

☐ Know Your Medication and Supplies

Prepare a list of all current medications, dosages, and frequencies. Pro tip: Bring a copy of your most recent endocrinology clinic visit summary as it includes a list of all your current medications and updated doses!

☐ Update Your Pharmacy and DME Supplier

After you've transferred care, update your pharmacy and DME supplier with your new adult endocrinologist's information, including their name and the name of and contact information for their practice. Make sure your new clinic sends your prescriptions to your preferred pharmacy.

☐ Organize Questions for Your New Endocrinologist

Write down any questions or concerns you have about your healthcare needs or shift into adult care. For details on how to go about this, please see our Shift guide: Preparing for Your First Appointment with a New Provider.

Remember that transitioning to adult endocrinology care is a process, and it's essential to be proactive and well-prepared. Don't hesitate to ask for support from your healthcare team and loved ones throughout this journey!