

# PRE-SHIFT SKILL: HEALTH INFORMATION

## Health Information: A Guide for Minnesota Teens

As you take more control over your health care, knowing how to manage your health information is important. Here's how you can be prepared:

### 1. I Can Explain My Health Needs to Others

It's important to be able to talk about your health needs:

- **Be Clear:** When talking to a doctor, nurse, or even a friend, be clear about what you need. For example, if you need a specific medicine or treatment, let them know.
- **Practice:** It can help to write down what you want to say before a doctor's visit, so you don't forget anything important.
- **Identify:** Important to wear medical identification to inform others of your medical conditions and needs.

### 2. I Know My Allergies to Medicines

Knowing your allergies is important for your safety:

- **Tell the Doctor:** Make sure your doctor knows about any allergies to medicines you have. This helps them choose the right treatment for you.
- **Carry a List:** Keep a list of your allergies with you, either on paper or in your phone, in case you need to share it quickly with doctors or other health professionals.

### 3. I Know My Family Medical History

Your family's medical history can help doctors understand your health risks:

- **Ask Your Parents:** Talk to your parents or caregiver(s) about your family's medical history. For example, some illnesses run in families, like heart disease, diabetes, or asthma.

- **Write It Down:** Make a list of any health conditions your parents or close family members have had, so you can share it with your doctor when needed.

#### 4. I Know When and How to Get Emergency Care

Knowing when to get emergency care can help you stay safe:

- **Emergency Numbers:** If something serious happens, call 911 right away.
- **Urgent Care or Emergency Department:** If you're hurt or sick and can't wait for a regular doctor's visit, go to urgent care or the emergency room for help. You can look up urgent care centers near you.

#### 5. I Know Where to Get Medical Care When the Doctor's Office Is Closed

Sometimes, you may need care outside of regular hours:

- **Urgent Care:** If your doctor's office is closed and you need help, urgent care centers are a good option. They are open evenings and weekends.
- **Emergency Department:** If it's a serious emergency, you should go to the hospital's emergency department (ED).
- **Call Your Doctor:** Some doctor's offices have an after-hours number to call for help when the office is closed.

#### 6. I Know How to Get a Summary of My Medical Information

Getting a summary of your medical information is important to track your health:

- **Online Portals:** Many health care providers, like Children's, have online portals where you can access your medical records. Ask your doctor how to sign up for this. Our portal is called MyChildren's.
- **Request Records:** You can also ask your doctor's office for a printed copy of your medical summary if you need it. Some clinics will direct you to a centralized health information management department. Follow your clinic's directions to obtain your medical records.

#### Additional Resources

For more help with managing medications and health information, check out these resources:

**Got Transition:** A helpful guide for teens transitioning to managing their own health care. ([gottransition.org](http://gottransition.org))

**MyChildren's Online Portal:** Sign up for the online portal to access your health records and summaries. ([mychildrens.org](http://mychildrens.org))

**Children's MN medical records department:**  
Phone: 612-813-6216