

Healthcare

Meet Trey

1 Hey! I'm Trey. I'm a teen with a developmental disability.

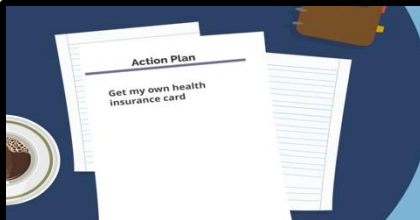
2 I'm starting to learn how to manage my own healthcare.

3 So, one day I noticed a rash on my arm and got kinda freaked out.

4 My dad helped me set up a doctor's appointment.

5 When the doctor asked, "What's your family medical history?" I had no clue, so I asked my dad. He told me some family members have allergies, and others watch their hearts.

6 After the appointment, I told my dad that someday I'd like to be able to go to my doctor's appointments by myself, but I want to be more prepared.



7 So, we came up with an Action Plan.

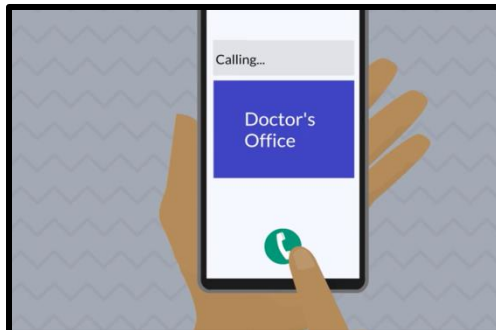


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First, we got me my own health insurance card! Health insurance helps pay for doctor's visits. My dad said I should always keep it with me, so I put it in my wallet. That way I have it and can show it when I go to the doctor's office.



9 Then, I wanted to start making my own doctor appointments. I practiced calling the doctor's office.

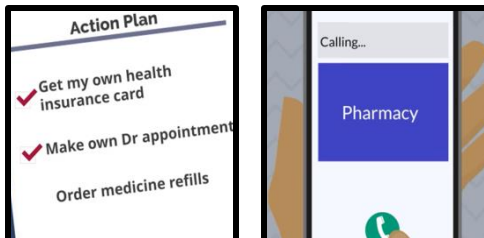


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“Hi, this is Trey. I’d like to make an appointment for my physical,” I said, trying to sound like I know what I’m doing.



11 After practicing a few times, I felt way more confident.



12 Next, I learned how to order refills for my medicine. I was nervous.

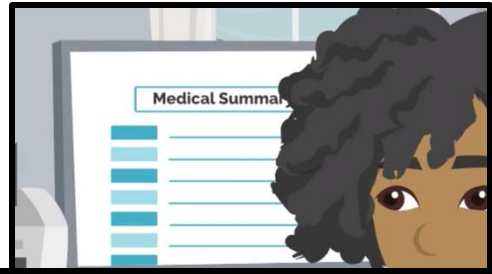


13 It wasn't as bad as I thought. I picked up the phone and called the pharmacy. “I need a refill for my medicine,” I said. The lady on the phone was super nice and helped me out.



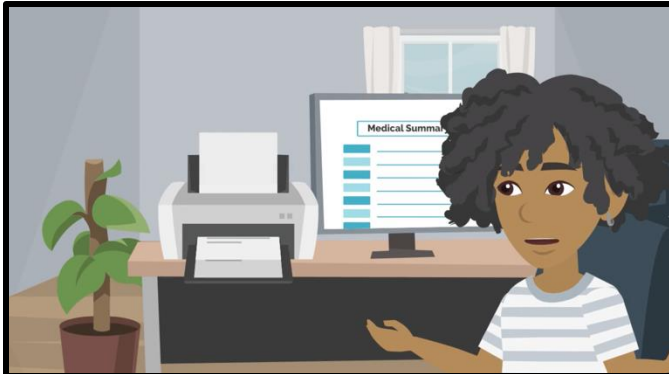
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I also found out I have to switch to an adult doctor when I turn 18. So, my mom and I are looking for doctors that take my insurance.



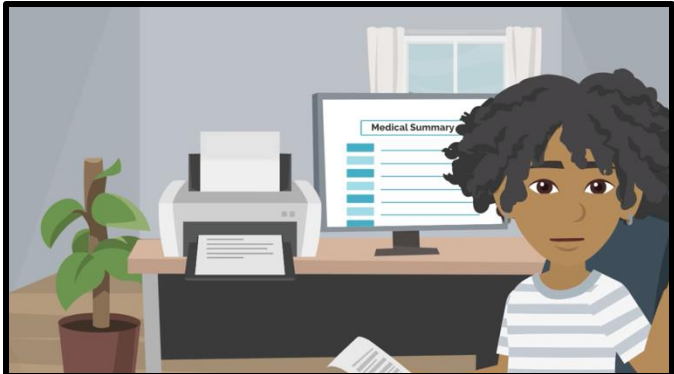
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Finally, my mom and I are putting together something called a “Medical Summary” that explains my health stuff and family history. I can give it to my doctor when they ask those tough questions. Next time, I won’t be caught off guard.



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Getting all this done made me realize how important it is to learn about healthcare.



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With my insurance card in my pocket and a bunch of new skills, I feel like I’m ready to take charge of my health!

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