



Transition to Adult Medicine

Congratulations! You're about to graduate from your Esse Health pediatrician. By now, you should be prepared to take charge of your health and health care. After all, this transition is what your pediatrician, your parents, and you have been working toward for the last few years. At the same time, switching to a new doctor might seem stressful (especially for those of you who may have had the same pediatrician since you were very young) and you may not feel ready. This information was created to make the transition from your Esse Pediatrician to your Esse Internist or Family Physician as smooth as possible.

The biggest difference is that now YOU are fully responsible for your health. Even in the late teens and early adulthood, many of you still had a parent contact the pediatrician's office on your behalf – either to schedule an appointment or to get health information. At your new doctor's office that will change:

- You will schedule your own appointments
- You will contact the office when you have a question or concern
- You will talk to the doctors, nurse practitioners, physician assistants, and nurses about your wellness and your illness
- You will be responsible for your health – getting and taking medicines, making healthy choices about diet and exercise, advocating for yourself

The Internists and Family Doctors of Esse Health lead a team of experts who will help you remain healthy and well. As your primary physician, your new doctor will provide comprehensive medical care and same day appointments. They are able to handle preventative care, manage chronic health conditions and treat acute problems as they arise. In addition, your new medical office can provide or arrange the following medical procedures when needed:

- Blood drawing and other labs
- X-Rays
- Pulmonary Function Tests (PFTs)
- Electrocardiogram (EKG)
- Joint Injections

At Esse Health we will assist you in making this transition as smooth as possible. We will help you find a new doctor. Once you choose, your pediatrician will send a message to your new doctor to introduce you and make sure your new provider is aware of your important health issues. We can help you schedule your first visit at the new office. Your medical records will be available to your new doctor right away. And you will find that working with your new health team will feel like your old health team because at Esse Health, we want you well.