

Seeking Care



NAME _____

DATE _____

URGENT CARE LOCATIONS

If you do not have a doctor or need to see one when your doctor's office is closed, you may want to go to an Urgent Care Center or Retail Health Clinic. You should only go to an Emergency Room at a hospital if you have a life-threatening situation.

Urgent care centers have the capacity to see you for medical issues like common illnesses and some emergency situations that are not life-threatening like broken bones. Retail Health Clinics are found inside pharmacies or "Big Box Stores" and can see you for common illnesses.

NAME	LOCATION	HOURS	INSURANCE ACCEPTED ¹	X-RAYS POSSIBLE? ²

¹ What type of insurance do they take? Do they take your insurance?

² Do they have the ability to do x-rays? If yes, consider this a great place to go to instead of the Emergency Room for non-life-threatening injuries.

LOCATE A DOCTOR

You may be ready to move from seeing a pediatrician (doctor that specializes in working with children) or you may need to find a primary care physician (PCP) for the first time. Either way, learning how to find a doctor that meets your needs is an important step in getting the health care that you need.

In this activity, use three different sites to find doctors that may fit your needs, think about what type of doctor you may need and your insurance as well.

DOCTOR NAME	TYPE OF DOCTOR	NEXT POSSIBLE APPOINTMENT	ACCEPTS YOUR INSURANCE?	WEBSITE USED TO FIND DOCTORS

PRIVACY LAWS

Each state has their own privacy laws when it comes to minors and medical information. If you are under 18, you may or may not be able to consent (give permission) for various medical procedures. It's important to know your medical rights as a minor in your state.

Suggested search terms:

- Minor rights for health care in (your state)
- Teenagers, healthcare and the law in (your state)
- Your Health and the Law: A Guide for Teens in (your state)

INSTRUCTIONS

Search for the most up to date information by looking at the publishing date of any materials. Also reach out to school counselors and school health suites for help finding reliable sources.

At what age are you able to give permission (consent) for medical procedures?

Is that for all procedures or only a select few?

In what circumstances can a parent or guardian access your medical records?

In what types of situations are medical professionals required to inform your parents or guardians of medical issues—even if you have not given consent?

What are the laws related to body piercings and tattoos for minors?