

# Follow Your Path to a Healthy Adulthood



Take charge of your health care!  
[kp.org/registernow](http://kp.org/registernow)

Be able to message your doctor  
[kp.org/newmessage](http://kp.org/newmessage)

Know what to do when you aren't feeling well  
[kp.org/getcare](http://kp.org/getcare)

Schedule a well check-up every year with your doctor  
[kp.org/appointments](http://kp.org/appointments) (proxies can schedule visits online)

Parents set up proxy access.  
[kp.org/actforfamily](http://kp.org/actforfamily)

Find a doctor for your adult health care  
[kp.org/findadoctor](http://kp.org/findadoctor)

Know what your health insurance plan covers and doesn't cover  
[kp.org/memberservices](http://kp.org/memberservices)

*For youth with special health needs:*  
Learn to order your medical supplies

Know your medicines & how to get them  
[kp.org/refill](http://kp.org/refill)



Discover your interests & explore volunteering and work choices

Help in planning your move to adult health care

Find out about work and school options & other activities to do after high school



Learn skills to do things on your own

Help with chores and cooking

Identify financial resources and supports

## REACH YOUR GOALS!!



Adult Health Care



After High School



Taking Responsibility

Keep your Social Security card & Birth Certificate in a safe place

Know how to catch the bus, taxi, rideshare or Handivan

*For youth with special health needs:*  
Find out about SSI, power of attorney, or guardianship

Learn to make decisions and speak up for yourself

Hawai'i State Department of Health  
Children with Special Health Needs Branch  
741 Sunset Avenue, Honolulu, HI 96816  
(808) 733-9055

9/17/2019