

Finding an Adult Doctor

and learning about
Health Insurance

for
chronic kidney disease

Pediatric Nephrologist



Your doctor right now.



If you found out about your condition as a child, you were most likely treated by a **PEDIATRIC NEPHROLOGIST** (a doctor who treats kids with kidney problems).

Adult Nephrologist



The doctor you'll see when you are an adult.



As an adult, you will need to be treated by an **ADULT NEPHROLOGIST**. You probably have known your doctor for a long time, and it might be scary to you to see a new one. Don't forget that any doctor you see will care about you - it's their job to keep you healthy!

NICE TO MEET YOU!



Steps to Finding a Doctor who Treats Adults

1. Ask the doctor you see how for a "referral." A **REFERRAL** is when your current doctor recommends you to a new one.
2. Explore your options and meet with your new doctor.
3. If you like the new doctor, tell your current doctor that you would like to switch.
4. Ask your current doctor to send you medical records to your new doctor. In order to get your records sent to a new doctor, you have to sign a **CONSENT FORM**. Just ask the office staff in the clinic to help you!



Tips for Making Your Own Doctor Appointments

1. Make sure to call between office hours! Usually this will be between 8 AM - 5 PM.
2. When someone answers, tell them you would like to schedule an appointment with Dr. [your doctor's name].
3. They may tell you when your doctor has time to see you or ask you when you are able to come in. Choose an appointment time that works for you.
4. They will ask you the specific reason why you want to see your doctor. Let them know if there is something you will want to talk about - like a new symptoms or a problem with a medication.
5. Write down the date and time you have set up to see your doctor. Don't forget it! Usually someone will call to remind you about an upcoming appointment.

Health Insurance



What it is and why it's important!



When people are sick they may need to go see a doctor or even go to the hospital. A lot of times they will have tests done and then take medications to get better. All of these things cost money, and usually a lot of money.

You can think of health insurance as money to help pay for when people get sick. Health insurance helps pay for hospital bills, visits to the doctor, tests, medications, and many other things you need to stay healthy.

When you have a chronic condition like chronic kidney disease, it is very important to have health insurance because you might need to go to the doctor or take medications more often than other people. Without health insurance to help pay for these things, it would be very expensive!

Public Insurance

Paid for by the government.

People with low income may qualify for public insurance.

Examples:
Medicaid, Medicare



Medicare



Medicaid

There are two types of health insurance: public and private. Check out some differences between them!

Did you know?
If you are on dialysis or have a transplant, you automatically get Medicare (a type of health insurance) to help pay for it!
Go to www.medicare.gov to learn more!



Private Insurance

Paid for by you or your parents' employer.

It can also be paid for on your own, or "out-of-pocket."

Examples: Blue Cross Blue Shield, Cigna, United Healthcare



getting health insurance for yourself



Depending on what kind of health insurance you have, you might need to reapply as early as age 18!

You can visit <http://www.healthcare.gov> to find information on comparing health insurance plans, or call (800) 318-2596 to speak with someone about your options. Try contacting an insurance company with your parents' help, so you can practice for when you will need to do it as an adult!