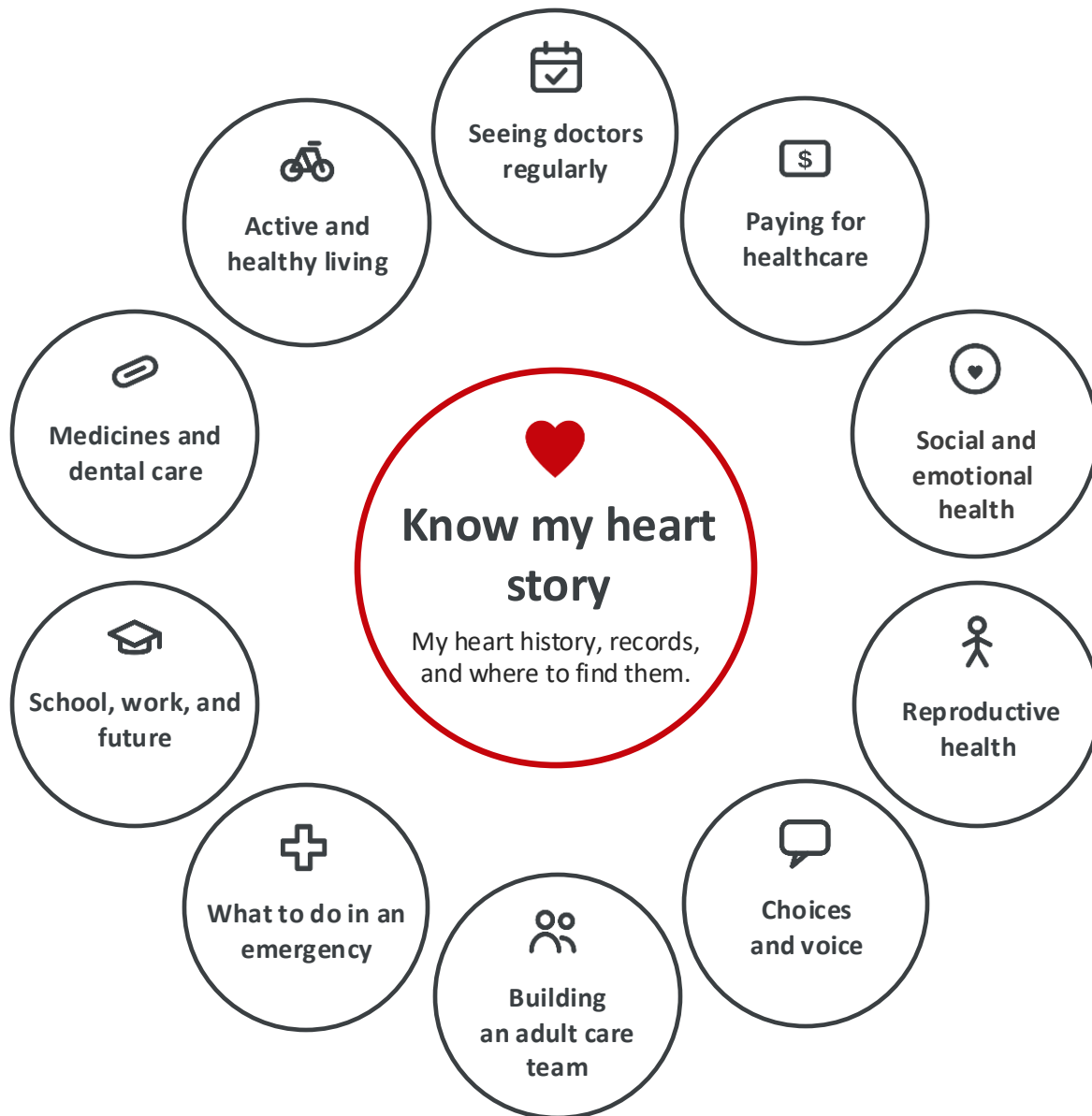


My Heart Care Road Map

ACHD STRONG

A visit map for growing into adult congenital heart care, ages 12 to 26, with support that fits my needs.



Starting around age 12, part of my visit can be just me and my care team. I can ask for that any time.

1. Point

Point to 1 or 2 topics you want to talk about today.

2. Who leads the discussion?

- o I lead this, with help when needed
 - o My family
 - o My medical team
 - o We do this together
- I can change my answer at any visit.**

3. Talk together

There are no wrong answers. We can learn more together. Supports and resources are available.

More on the back

Milestones and free help

ACHD STRONG

What changes as I grow, and resources for many topics.

I keep my heart visits even when I feel well. Feeling healthy does not mean my heart stops needing check-ins.

Ongoing Goals

- We create a MyChart account to stay connected with my care team and access my health records or arrange a proxy.
- I visit a primary care provider yearly and talk with my care team about moving to an adult provider as I get older.
- New learning or school needs? A 504 or Individualized Education Plan can provide support.
- If I have an Individualized Education Plan at school, my team begins to fill out the Post-Secondary Transition Plan.
- We keep emergency medical information (Medical ID) on my phone or in another safe place, and update it annually.

Age-Related Changes

12

My health records become more private at 12. I can have my own MyChart with my caregiver's OK. My caregiver can have proxy access to help manage my care. I can talk directly with my medical team and ask for time alone with them. I can share how school is going and what support I need to succeed (Individualized Education Plan, 504).

18

At 18, we should have a support system to help me make health decisions. I can lead, if I choose. I can decide how I want my family and others to be involved in my care. My team can help me learn how to maintain my health insurance. With guidance, we can take steps to transition to adult services (including changes to Medicaid, Children's Long-Term Support, etc.). By age 26, my insurance may change again.

21

We should be connected to my adult heart care team and know what supports are available to me.

26

Insurance may change if I'm on a caregiver's plan. We need to talk with my insurance provider to maintain access to my health care.

Free Help from our Community Partners



My Medical ID

Where I can store my health information in my phone in case of an emergency.



Getting ready for adult heart care

Where I can learn about transitioning to an adult care provider.



Staying in heart care for life

Why I need specialized CHD care as an adult.



Making my own choices, with support

Guidance for making decisions about my care.



Reproductive health and my heart

Information about birth control options and how they may affect my heart.



Social and emotional health

Resources to support my mental health. In crisis, call or text 988.



Free insurance help

Learn about insurance options: Covering Wisconsin 877-942-6837 | WisCovered.com



Essential resources for families in WI

Explore resources and services: Wisconsin Wayfinder 877-947-2929.



Meet others like me

Connect and build friendships within the CHD community.

Scan a code with my phone camera to open it. For assistance with food, housing, jobs, legal, or language needs, ask my care team. This is general information, not medical advice. My care team can help me decide what is right for me.