

Janet T. Mills  
Governor

Sara Gagné-Holmes  
Commissioner



Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention  
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TTY: Dial 711 (Maine Relay)

**Young adults with special health care needs  
Transition Readiness  
Ages 18-21 years old**

| Statements  | Yes | No |
|---|-----|----|
| I am aware that parents/guardians cannot access my healthcare information unless I fill out an Authorization to Release information form, giving them permission. |     |    |
| I have worked with my provider to switch to an adult provider that accepts my insurance.  |     |    |
| I have updated my new adult medical provider with my medical summary created by my previous provider.   |     |    |
| I have made an appointment with my new provider and updated my insurance information and learned of any charges due at my visit?                                  |     |    |