



MSU Health Care

Transition Seamlessly from Pediatric to Adult Health Care

Are you prepared for the next step? MSU Health Care is here.

As you approach the age of 22, it's time to make the switch from pediatric care to adult health care. MSU Health Care's Adult Specialty Clinics provide life-long, personalized care for you and your family. We're here to help make your transition easy!



Here are some tips to make the switch stress-free.

- **Know your medical history:** Keep a record of your health conditions, medications, and allergies.
- **Select an adult care provider:** Research and choose a suitable adult health care provider. Our provider database can help you find the perfect fit.
- **Plan a transition visit:** Schedule an appointment to discuss your health care needs with your new provider.
- **Understand your insurance:** Verify that your insurance covers your new provider and understand your benefits.

Take control of your health journey! For more information, visit healthcare.msu.edu