

## *How do I take good care of my health?*



It's important for you to take an active role in your good health.

**MaineCare:** MaineCare is health insurance for all youth in custody who do not have other medical coverage. Health care can be very expensive without insurance. When you turn 18 and you do not have any other coverage, you must reapply for MaineCare at your local DHHS office or you may call the MaineCare Member Services at 1-800-977-6740.

**Medical Providers:** You should be sure to schedule a physical exam each year with your primary care provider (doctor). Ask your caseworker for help. If you choose, you may invite an adult to be there for all or part of the exam. Make a list of your concerns and questions before going to see your doctor for a routine check-up so you don't forget to ask something. Be sure to follow through on the suggestions of the doctor regarding diet, exercise, and additional tests.

Be sure to schedule a dental appointment every six months. Under MaineCare, youth under age 21 are covered for preventive, routine, and some specialized dental services. If you need braces or other orthodontic treatment, there is additional paperwork.

You can get help with getting transportation, setting up medical and dental appointments, finding a physician or a dentist, and answering questions about MaineCare benefits by calling MaineCare Member Services at 1-800-977-6740. Ask your caseworker for help.

Your local family planning clinic can help you get answers about your sexual health, birth control, pregnancy, and sexually transmitted diseases. You do not need parental or DHHS permission to receive services, information, or condoms from family planning clinics. Your records will be confidential. However, if you are facing a life-threatening situation or are in physical or emotional danger from abuse, the staff will need to share your information to make sure you are safe. For a clinic listing, call 207-622-7524.

**Health Records:** You may get a copy of your immunization (shots) record from your doctor or caseworker. All schools, even colleges, require you to have this and you should keep track of when you need to schedule your next shots.

**Health Care Proxy:** When you turn 18, it is important to consider choosing someone in your life (a trusted individual) who could make health care treatment decisions on your behalf if you should ever become unable to make decisions for yourself.

Learn more about how to name a health care proxy, a healthcare power of attorney, and why this is so important to do, by visiting the following website when you turn 18:

1. Go to <http://www.caringinfo.org>
2. Select "Are you Planning Ahead?"
3. Select "Download your state's advance directives" (Under the Advance Directives Section)
4. Select "Maine" from the list of states.

Once you select Maine, an explanation of the process and forms appear.

**Remember to take good care of yourself!**

*...Answers for youth in care, by youth in care*