



Checklist: Turning 18 for T1Ds

Health Insurance Portability Act (HIPAA)

- Study and Understand [HIPAA](#) rights
- HIPAA affects the following:
 - Doctor's visits
 - Medical records
 - Hospitals
 - Billing Services
 - Pharmacy
 - Prescriptions
 - Insurance Correspondence
- HIPAA Rights transfer to child at 18
 - Teach child about HIPAA
 - Review [T1TG HIPAA Page](#)
 - Explain [HIPAA Release Form](#)
- Update Medical providers with HIPAA form

Legal Documents

- Durable Power of Attorney
 - Financial decisions
- Medical Power of Attorney
 - Medical decisions
- Will (optional)
 - Estate issues
- Obtain electronic files of paperwork

Family Educational Rights and Privacy Act ([FERPA](#))

- Affects College age students
- Prepare student to sign release
 - Release allows parental support at college
 - Allows parental support with disability services



T1TG Tool: "Turning 18 for T1Ds" available @ www.Type1ToGo.com

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- Teach about Insurance**
 - Provide Insurance card
 - Order **HSA/FSA** card
 - Order **Prescription card**
 - Sign pharmacy **HIPAA release** if needed
 - Ask insurance company about **HIPAA** for 18 year old
 - Sign release if needed
 - Review Claims & Insurance process
 - Create access to online insurance website
 - Review insurance tools
 - Search for provider in-network
 - Share passwords if needed
- Discuss Hospital Billing**
 - Hospital account
 - Negotiable payments
 - Parents access with **HIPAA Release**
 - Credit card hospital payments
 - Non-negotiable
 - High interest rates
- Advise T1 on how to order supplies and prescriptions**
 - Create spreadsheet of supply sources
 - Phone numbers
 - Website
 - Passwords access
 - Plan replacement orders
 - Encourage self-management of supplies
 - Establish product contact relationships



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