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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

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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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