



Moving On

Earn a \$50 gift card when you transition from Pediatrics to Primary Care
Keep reading to learn more about our incentive program for young adults

Congratulations! Now that you have transitioned into adulthood, your health care needs most likely have changed. It may be the right time to consider the transition from your Pediatrician to an adult Primary Care health provider.

What are the differences between a Pediatrician and Primary Care Provider?

A Pediatrician is a type of Primary Care provider that focuses on all aspects of a child's health.

When do I transition?

- Typically, between the ages of 18 and 20
- When health care responsibilities increase beyond a Pediatrician's scope (of) practice

Things to consider when transitioning

- Any preexisting chronic medical conditions which may require a Primary Care provider that specializes in specific medical conditions
- Changes in medical attention which may include:
 - Reproductive health
 - Weight management
 - Adult medical screenings
 - Ongoing medication monitoring

- Adult vaccinations
- Behavioral health

Things to consider during initial visit with Primary Care Provider

- It is important to be prepared and to know important information pertaining to managing your health. These include:
 - Any allergies that you may have
 - Past medical procedures
 - Past surgical procedures
 - Any medical diagnosis
 - Current medications
 - Vaccination history
 - Discuss family history of any chronic conditions
 - Be sure to take notes and ask questions
- Mental Health is an important factor to your overall wellbeing. Discussion with your provider may include:
 - Experience feelings of loneliness or isolation
 - Feelings of anxiety and/or depression
 - Problems with sleep or change in sleep patterns
 - alcohol, tobacco, and/or illicit drug use

[AetnaBetterHealth.com/Virginia](https://www.aetna.com/betterhealth/virginia)

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Aetna Better Health® of Virginia

Recommended Vaccination List

Refer to Centers for Disease Control and Prevention website and your Primary Care provider for additional guidelines, as vaccination schedules may be dependent on vaccination type, age, or condition.

- Influenza- Annually

If you need guidance with choosing the right Primary Care provider, your Pediatrician can assist and offer you referrals. You may also contact Aetna Better Health of Virginia Member Services and request Primary Care providers in your area that are in your covered network.

Member Services

1-800-279-1878 (TTY: 711)

24 hours a day, 7 days a week

Member or provider, complete this form and fax it back to us at **844-203-0020** or email to **QualityManagementprograms@aetna.com**

Member's name (print) _____ **Member's ID #** _____

Address _____

City _____ **State** _____ **ZIP** _____

Phone number _____ **Member's date of birth** _____

Doctor's name (print) _____ **Provider ID # (provider use only)** _____

Office address _____

City _____ **State** _____ **ZIP** _____

Office phone number _____

Doctor's Signature _____ **Date of Visit** _____

Check all services rendered to patient.

- Wellness Exam (Blood Pressure Check, weight/BMI)
- Flu Shot
- STD Screening
- A1c Blood Test
- Diabetic Eye Exam

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ENGLISH: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104 (TTY: 711)**.

SPANISH: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711)**.

KOREAN: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하의 ID 카드 뒷면에 있는 번호로나 **1-800-385-4104 (TTY: 711)** 번으로 연락해 주십시오.