



Dear Patient,

Welcome to Adulthood!

You are now 18 years old, which means you are a legal adult AND your parents or legal guardians are no longer considered your legal representatives. *If you have a court document outlining a legal representative who maintains control of your medical situation, you must provide a copy of the document to Advocare.* Under state law and federal HIPAA regulations, you can consent to your own medical care and control your own medical records and information. This means that, with certain limited exceptions, we can no longer allow your parents, or anyone else, to see YOUR chart or access your patient portal without YOUR written permission. We do encourage you to continue to discuss, whenever possible, any health problems or concerns with your parents or legal guardians and to continue to seek their advice.

You will need to complete **ALL new paperwork**, which includes a new **ADULT Registration Form**, where you should complete YOUR personal information. This is particularly important when it comes to Patient Reminders and Communication (ie: patient portal). The Patient Portal and our Electronic Health Record is enabled by **YOUR** personal email. Through the portal, you can see medical information from your chart, including lab and test results, and track appointments, referrals and refills of prescriptions. You can obtain access by enabling YOUR personal email address at the time of registration. As with your chart, you can give your parents or legal guardians access to part of or all of your portal. If you want to give portal proxy to a family member, please ask for a **Patient Portal Proxy Authorization Form**.

If you would like us to be able to share your information with your parents, legal guardians or anyone else, you will indicate this on the **Annual Consent and Acknowledgment Form**, by specifying under the **"Disclosure to Authorized Individuals"** the name and the type of information we may share. You are welcome, of course, to bring your parents or guardians with you when you visit us in the office.

We encourage you to consider all of these options closely, but you can always change your decisions to allow/disallow your authorized individuals access. Regardless of the access to your personal health records, this does not change what the subscriber of your medical insurance will have access to and knowledge of your medical conditions, so we always encourage, when appropriate, to keep open lines of communication.

Congratulations on this new milestone. Please talk to your Provider should you have questions regarding this notice.