

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

As you grow older, your healthcare needs change. To help you prepare for adulthood, our practice is starting a "transition process." This means we will work with you over the next few years to help you take charge of your own health and eventually move from a pediatrician to an adult primary care doctor.

Starting at your next visit, we will begin to:

- Spend part of the appointment talking with you privately, without your parents or guardians in the room.
- Help you understand your medical history and any medications you take.
- Discuss how to schedule your own appointments and refill prescriptions.
- Explain how health insurance works for adults.

Our goal is to help you transition to an adult provider by the time you are [Age, e.g., 18 or 21]. We will help you find a new doctor when the time comes and ensure they receive all your medical records.

If you or your parents have any questions about this process, please feel free to ask at your next appointment.

Sincerely,

[Doctor Name/Practice Name]

[Phone Number]

[Clinic Website]