

**WATCHUNG**

**Pediatrics**



## The Bridge to Adulthood



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## THE BRIDGE TO ADULTHOOD

Becoming an adult is a rite of passage that many people look forward to, but with this new sense of independence also comes a new set of responsibilities. Through the following information and tips, we hope to give you the jump start necessary to begin taking your healthcare into your own hands. While you may not read this right now, file it with your medical records to refer to in the future.

### CHECKLIST FOR TURNING 21

- Maintain insurance coverage.
- Obtain a copy of your immunization records.
- Make sure you are up to date with immunizations.
- Record and evaluate your prescriptions.
- Select an adult physician.
- Transfer medical records.

### SEEKING MEDICAL CARE

When you turned 18, seeking medical care on your own was a new responsibility. Watchung Pediatrics can continue to provide your medical care until you turn 22. Consider talking with your provider about the best type of adult provider for you.

### FINDING THE RIGHT PROVIDER FOR YOU

One of the most important transitions is finding the right adult provider who meets your needs. When you are looking for a provider, it may help to do a little work ahead of time. Here are some helpful tips on how to find and select the right provider for you:

#### ***Start with recommendations***

Talk with your pediatrician for recommendations for general adult physicians. You also can ask about specialists that you may need or other health professionals.

Talk with your parents, friends and other trusted adults to find out which provider they see or who they might recommend. Find out why they recommend this particular physician and what they like or don't like about the physician. The Agency for Healthcare Research and Quality also provides an online resource at [www.ahrq.gov/consumer/qnt/](http://www.ahrq.gov/consumer/qnt/) to help you locate a physician.

#### ***Decide what is most important***

As you consider physicians, you need to decide what is important to you about your medical care. Perhaps location is very important, or that a physician has evening or weekend hours. Consider the reasons why a provider was recommended, but also consider the practice size (large versus a small practice), location and hours. Also, find out if the recommended providers have been board certified and if they have any specialties or areas of interest. You will want to review your insurance policy for in-network physicians.

#### ***Are you choosing a Primary Care Physician?***

One of the best ways to make sure you're getting excellent health care is to have a primary care physician (PCP) with whom you can build a long-term relationship – someone who knows your medical background and understands what's important to you.

Traditionally, PCPs fall into the following specialties:

- Family medicine (treating patients of all ages).
- Internal medicine (treating adult patients).
- General practitioner (Internal medicine/pediatrics combined).
- Pediatrics (treating children from birth through adolescence).

When you have a physician you trust, you feel more comfortable talking about anything, which will improve the care you receive. Your PCP also knows when it's best to refer you to a specialist.

***Do you want a provider who is close to home or work?***

Keep in mind that most providers' appointments are scheduled during the day, Monday through Friday. So you should consider where you are during these times. At work? At home? At school? This will help you find a provider who is the most convenient for you.

***Are you more comfortable with a male or a female provider?***

Discussing health issues and treatments can be a very personal experience. It's important that you are comfortable talking to your provider about any medical situation that may arise. Deciding whether you prefer a male or female provider can ensure that you are as comfortable as possible.

***Does the provider accept your health insurance?***

To avoid unnecessary out-of-pocket health care expenses, you will want to find a provider who accepts your health insurance. It's a good idea to contact the physician's office or your health plan's customer service department regarding the specifics of your plan type and coverage. If your

PCP refers you to a specialist; it's always a good idea to make sure that specialist accepts your insurance.

***Is there a hospital close to your home or work that you'd like access to?***

You might want to find a provider who is affiliated with or has privileges at your preferred hospital.

***Interview your top candidates***

Taking the time to interview potential providers can be a valuable step in your selection process. Knowing that your physician's philosophy matches your philosophy and needs will help you to feel more comfortable with your choice. Most providers are happy to meet with prospective patients. When setting the appointment, ask if there is a charge for this consultation.

The interview should be a face-to-face interview at the provider's practice.

Ask questions that are most important to you or develop some for your own situation. We have included a sample list of questions on page 13 of this brochure that may be helpful to take with you to your interview.

You also can check out the following online resources to help determine if a physician is board certified:

- American Medical Association Physician: [ama-assn.org](http://ama-assn.org). (Click "Dr. Finder.")
- American Board of Medical Specialists: [certifiedprovider.org](http://certifiedprovider.org).

## HOW DO I SWITCH TO A NEW PROVIDER?

Once you have found a provider who meets your needs, accepts your insurance and accepts new patients, set up an appointment as a new patient to begin medical care. You will want to have medical records copied and sent to the new physician so he or she has your medical history. This can be done by completing the medical record transfer form.

- When calling for your first appointment, let the receptionist know you are a new patient, who your provider is, why you need to see him or her, and when you need the appointment. Be sure to provide the most honest description of why you need to be seen so that an appropriate amount of time is scheduled. You will need to provide basic insurance information.
- You will need to transfer your medical records from Watchung Pediatrics to your new provider. Complete and return the *Authorization for Release of Information* form on page 14. Your provider will review your records and create a summary report for your new provider. The report and your medical records will be forwarded within 30 business days of the completed request.

## TALKING TO YOUR PROVIDER

When you were little, your parents talked to your provider about your medical needs, picked up your prescriptions and made sure you took your medicine. Now that you're getting older, your health care is your responsibility. As you mature, the issues you face may become more complicated and personal. It's important to find someone to talk to who is both knowledgeable and who you can trust. That's where your provider can help you out.

Providers are trained to help you with your health and emotional concerns. You can talk with them, they can answer your questions and they can check out what worries you. Even if you feel embarrassed at first about discussing personal subjects (such as physical development or sexual health), it's helpful to know that providers deal with those concerns – and all sorts of things – every day.

A few things to keep in mind when talking with your provider:

- **Be honest.** It's your job to openly discuss your symptoms and concerns. A provider can't help you unless you tell the whole story. Even if you're uncomfortable, being open and honest will only benefit you. Most providers realize that people can feel uncomfortable about raising sensitive issues, and they try to be good listeners.
- **Provide complete and truthful information.** Providers make decisions about what needs to be done and how to answer your questions and concerns based upon the information you provide. Providing all of the information helps the provider help you. Your provider will know which information is relevant to any medical decisions.
- **Do not be embarrassed.** It's perfectly normal to feel nervous when talking with your provider about personal issues. You should be able to talk to your provider about everything. Keep in mind that most experienced providers have cared for many patients. No matter what the issue is, it probably won't surprise your provider.

- **Write things down.** It may help to show up for your appointment with a written list of questions and concerns to give to the provider. It also can include your problems and symptoms. This list can jump-start the communication process and help put you at ease to openly and comfortably discuss your issues with your provider.

- **Your provider is interested in keeping you healthy, not judging you.**

If you are concerned about a sensitive topic, you shouldn't avoid going to the provider because you are worried about what the provider might think. A provider's role is to listen respectfully, examine, educate and treat people, not criticize them.

## HOW TO GET PRESCRIPTION MEDICATIONS AND REFILLS

If you have been on medication and are used to your parents taking care of getting the prescription for you, the process of refilling your medication may be new to you. We have some helpful tips on how to get your prescription medications for the first time and then refilled.

### *First-time prescriptions*

You will need to select a pharmacy for your prescriptions. You can choose one that is close to home, school or work. You also can base your selection on a pharmacy that has a nationwide option, so you don't have to transfer your prescription when you go to school.

When your provider wants you to take medication, you will be given a written prescription. You will need to take it to the pharmacy to get it filled. When dropping prescriptions off, there may be a wait time, so plan accordingly. When picking up your prescription, remember to take your insurance card with you. You also might need to pay a co-pay charge at the time you pick up your prescription.

### *Refills*

The most important thing to remember about medication refills is plan ahead. Do not wait until the last dose is taken to call for a refill. Most providers will not call in refill prescriptions after normal clinic or business hours. To ensure that the medication is on-hand and that you are taking it according to the directions, call at least 5 days in advance.

If your medication indicates refills (your provider would need to order that), you may call the pharmacy directly for refills. Have your medication nearby when you request a refill. You will need information on the label to fill the request.

### ***Script for calling your pharmacy/provider for a medication renewal***

Make sure you have your prescription in front of you for the information.

"Hello, my name is \_\_\_\_\_ **(use your legal first and last name – not your nickname)**. I need a refill on a prescription.

My provider is \_\_\_\_\_.

The prescription number is \_\_\_\_\_.

The name of the medication is \_\_\_\_\_.

The strength/dose is \_\_\_\_\_.

(If contacting your provider) My pharmacy name and number is \_\_\_\_\_.

My telephone number is: \_\_\_\_\_.

**(Provide a telephone number such as a cell, home or work phone number where you are available and can be reached.)**

Thank you."

Make sure you understand how and when to take your medication, and any possible side effects and what to do if you experience them. You will get written information along with your medication, but be sure to ask the pharmacist or your physician if you have any questions. Ask your pharmacist or physician if you have any questions at any time while taking a medication. Finally, take your medication according to your provider's directions.

### **WHAT IS NJIIS (NEW JERSEY IMMUNIZATION INFORMATION SYSTEM)?**

- The NJIIS is a secure, computerized, statewide immunization registry that can help keep track of your immunizations. It can only be accessed by health care providers, hospitals, schools, health insurance plans, and local and state health departments. It cannot be accessed by the general public. This means if you need medical treatment by someone other than your regular doctor, they can log in the system and have access to your immunizations. For instance, if you went to an emergency room for a cut, the hospital would be able to look to see when your last Tetanus booster was given.
- NJIIS can provide a complete and current record of your immunizations even if you move or switch health care providers or insurance companies. ONLY authorized users who have signed a confidentiality agreement can access the registry information.
- If for any reason you wish to withdraw at a later time, there is a "NJIIS Registrant Withdrawal" form that you may obtain from this office or at <http://njiis.nj.gov/njiis/html/forms.html> and it can be mailed to the address listed on the form.
- If you have any additional questions, please ask our office staff.

### **HEALTH INSURANCE BASICS**

Premiums, co-pays, deductibles, in-network, out-of-network ...

Welcome to the wonderful world of health insurance. And you thought advanced calculus was confusing. Chances are, until now, you've been covered by your parents' health insurance. Taking charge of your own health care is a big step and it can be a little overwhelming. Here's a crash course on insurance.

#### ***What is health insurance?***

Health insurance is a plan that people buy in return for coverage on all kinds of medical care. Most plans cover providers' appointments, emergency room visits, hospital stays and medications.

#### ***Is health insurance necessary?***

We certainly hope not. However, each day people seek medical advice and care that is unexpected. Most young adults seem to think they're immortal, so it's no big deal when they graduate from high school or college and suddenly discover they're no longer covered by mom and dad's medical benefits. In fact, young adults, ages 18 to 24, are the least likely population segment to have health insurance. Nearly 30 percent of those young adults lacked coverage in 2005, according to the most recent census data.

All it takes is a bout of pneumonia or a trip to the emergency room to make you wish that you had health insurance. Unexpected or unplanned medical bills can wreak havoc on your finances. Insurance may be expensive, but not having it may cost you a lot more.

### ***How can you get health insurance?***

There are many different ways to buy health insurance. The costs and benefits may vary widely. You'll need to see which options are available to you, given your age and employment status, and which ones best meet your needs.

Here are some of the ways you might be able to get insurance:

- **Parents' plan.** Most family insurance plans cover children until they turn 25. In New Jersey, many plans will cover you under COBRA until age 30. Your parents will need to check their specific policy for details.
- **COBRA**, the Consolidated Omnibus Budget Reconciliation Act of 1985, lets you purchase the health plan your parents currently have. It allows you to keep coverage when you would otherwise lose eligibility. COBRA is time limited, meaning you only can buy it for a certain length of time after leaving your parents' insurance. This often is one of the more expensive options for insurance coverage.
- **Short-term policy.** Many insurance companies let you buy short-term or "student" insurance policies that help you bridge the gap between school and your first job. These plans are similar to COBRA, though they're usually more basic and affordable.
- **Employer plans.** This is the way most people in the United States get their health insurance. It also is usually the least expensive option since employers often help pay for part of the insurance. Some employers will offer you health insurance coverage on your first day of work. Others may make you work a period of time first (30, 60 or 90 days, for example) before you become eligible.
- **Individual policy.** Buying comprehensive health insurance on your own is probably the most expensive option. These plans tend to require you to get medical tests in order to qualify. You may be turned down or have to pay more if you're considered a higher risk because of a health condition or if you have an unhealthy behavior such as smoking.
- **Subsidized state program or Medicaid.** These programs are based upon your income and specific eligibility requirements. Insurance can be obtained at a lower rate depending on eligibility. Benefits vary from state to state, so you'll need to check with your state's department of health and human services.
- **NJ Exchange.** [www.healthcare.gov](http://www.healthcare.gov)

### ***What if I have a health condition?***

If you've been living with an illness such as asthma or diabetes, insurance companies call that a "pre-existing condition." Unfortunately, people who try to purchase a policy after they've been diagnosed with a pre-existing condition often find that insurance prices are higher. The plan also might not cover any treatment related to your pre-existing condition for a set period of time once you enroll.

***How do I figure out what type of insurance I need?***

Each insurance plan is different when it comes to what's covered, what's not and how much things cost. Figuring out which one is right for you is a bit of a balancing act. You want to get the most benefits at the least cost.

Start by looking at all the elements of the plan and not just the price tag.

For example, a plan with a low monthly premium isn't necessarily the cheapest. Your co-pay might be very high or you might pay a lot more for your prescriptions. So, if you see a provider often or take prescription medications regularly, a more expensive plan that covers a higher percentage of the cost to see a provider or to get a prescription may actually be cheaper.

You'll also have to look at whether your plan covers things that are important to you. For example, many plans don't cover things such as dental or vision care, counseling sessions or alternative therapies such as chiropractic or acupuncture. It is important to ask questions if you are confused.

**FINANCIAL RESPONSIBILITY**

Another result of becoming an adult is your parents may not be responsible for your bills. The debt you incur is important because it may affect your ability to get loans, credit cards or make future purchases. When seeking medical care, you ultimately are financially responsible for any bills or invoices regardless of whether you are on your parent's insurance or not. In addition, your parents are not able to discuss your personal finances without your expressed consent even though they may still have access to any joint accounts you've set up.

**CONGRATULATIONS ON BECOMING AN ADULT**

This is quite an exciting time. We hope that you have found this booklet helpful. If you have any questions about the information in this booklet, or other information you have received, **please contact your provider in Warren: (908) 755-KIDS (5437).**

**Fanwood: (908) 889-TOTS (8087).**

**Millburn: (973) 376-PEDS (7337).**

## ADDITIONAL RESOURCES

### Interview questions for finding the right provider for you

- Is the provider board certified? Does the provider have any other certifications?
- How many providers are in the practice? Will I see the same provider each visit, or will I see different providers?
- How do I reach the provider if I am sick after hours? When my provider is not on call, who covers for him or her? (For example, some providers send patients to urgent care clinics, while others will meet you at the office even at night.)
- Can I talk with you through e-mail or e-mail questions/prescription requests?
- Do the provider's hours suit my schedule? Do I have a preference for one who works certain days of the week or who offers evening or Saturday morning hours?
- Who answers phone calls from me? How soon are the phone calls returned? Do you give advice or prescribe medications over the phone?
- How long does it take to get a non-emergency appointment with the provider? How long does an appointment usually take?
- How are appointments handled for same-day sick calls?
- Is the staff friendly and helpful?
- Does the provider have a subspecialty or an area of interest?
- What services does your practice offer? Which do you provide and which are done by others such as a nurse, advanced practice nurse or physician assistant?
- Where do I have lab work and tests done?
- What happens if I need to be in the hospital?
- What hospitals and specialists are you affiliated with?
- Do you bill my insurance company directly? Are you in my insurance network?
- Are you open to talking about other treatment options that I might be curious about?
- Can I make an appointment just to ask questions and talk about a plan of care?
- Pay attention to such intangibles as the provider's style. Do I want a provider who offers choices and lets me decide which one works best for me? Would I be more comfortable with a provider who gives a lot of direction? Do I feel at ease asking questions?

**Emergency Medical Information Card**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Allergies (to latex or other medications): \_\_\_\_\_

Other allergies (i.e. food, bees, seasonal, etc.): \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

School contact: \_\_\_\_\_

Emergency contacts:

1. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ Primary provider: \_\_\_\_\_

2. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ Primary provider: \_\_\_\_\_

3. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ Primary provider: \_\_\_\_\_

Health care contacts:

Provider: \_\_\_\_\_ Phone: \_\_\_\_\_

Hospital/clinic: \_\_\_\_\_ Phone: \_\_\_\_\_

Insurance company: \_\_\_\_\_

Insurance card #: \_\_\_\_\_ Insurance company phone: \_\_\_\_\_

Claims address: \_\_\_\_\_

Medications: \_\_\_\_\_

Pharmacy name: \_\_\_\_\_ Phone: \_\_\_\_\_

Past Medical History (i.e. asthma, Celiac disease, diabetes, etc.): \_\_\_\_\_

Other medical information: \_\_\_\_\_

## HEALTH CHECKLIST

Regular exercise and a balanced, healthy diet are the hallmarks of good health. Although you may be doing your best to fulfill these two essential requirements, there still is a lot to be concerned about. That is why it is advisable to have regular visits to the provider to undergo tests to monitor your health and check for possible diseases.

During your visits, the provider usually will ask about your personal and family medical history to determine chronic and hereditary diseases.

***The following is a simple health checklist that every adult should be aware of.***

- **Teeth:** You are encouraged to visit the dentist at least twice a year for a dental exam and cleaning.
- **Eyes:** It is recommended to have an eye exam every other year. Talk with your eye care professional about the appropriate frequency of eye exams based upon your health history.
- **Physical exams:** When in your 20s, you should continue to have physical exams. Each physical should include checking your weight, blood pressure, as well as cholesterol levels. After the initial physical check-ups, your physician will determine the frequency of regular check-up, blood pressure monitoring and other tests recommended including a blood test and urinalysis. Your insurance company can tell you how often these are covered.
- **High cholesterol:** If you are younger than 45, talk to your provider about whether to have your cholesterol checked if:
  - You have diabetes.
  - You have high blood pressure.
  - Heart disease runs in your family.
  - You smoke.
- **High blood pressure:** Have your blood pressure checked at least every two years. High blood pressure is 140/90 or higher.
- **Colorectal cancer:** If you have a family history of colorectal cancer, you may need to be screened earlier.
- **Diabetes:** Have a test for diabetes if you have high blood pressure, high cholesterol, or a family history of diabetes.
- **Depression:** Your emotional health is as important as your physical health. If you have felt “down,” sad or hopeless recently or have felt little interest or pleasure in doing things, you may be depressed. Talk to your provider about being screened for depression.
- **Chlamydia and other sexually-transmitted infections:** Have a test for Chlamydia if you are 25 or younger and sexually active. Also ask whether you should be tested for other sexually transmitted diseases.
- **HIV:** Have a test to screen for HIV infection if you:
  - Have had unprotected sex with multiple partners.
  - Are pregnant.
  - Have used or now use injection drugs.
  - Exchange sex for money or drugs or have sex partners who do.
  - Have past or present sex partners who are HIV-infected, are bisexual or use injection drugs.
  - Are being treated for sexually-transmitted diseases.

- **Obesity:** Have your body mass index calculated to screen for obesity. BMI is a measure of body fat based on height and weight. You also can determine your BMI on your own with the BMI calculator from the National Heart, Lung, and Blood Institute at <http://www.nhlbisupport.com/bmi/>.
- **For Women – Cervical cancer:** Have a Pap smear every one to three years if you:
  - Have ever been sexually active.
  - Are between the ages of 21 and 65.
- **Immunizations:** Stay up-to-date with your immunizations.
  - Have a flu shot every year.
  - Have a tetanus-diphtheria shot every 10 years. Have a Pertussis booster [this should be done with your next tetanus-diphtheria (TDaP.)
  - When traveling internationally, contact your physician or local travel clinic well in advance of your trip to make sure your immunizations are up-to-date for the area you are traveling in.
  - Talk to your provider about the HPV vaccine

### ***What can you do to stay healthy?***

- **Don't smoke.** If you do smoke, talk to your provider about quitting. If you are pregnant and smoke, quitting now will help you and your baby. Your provider or nurse can help you. You also can help yourself. For tips on how to quit, visit “You Can Quit Smoking Now” at [smokefree.gov](http://smokefree.gov). To talk to someone about how to quit, call the National Quit line at (800) QUIT-NOW. For more stop smoking resources, visit [healthfinder.gov](http://healthfinder.gov) and search for “smoking.”
- **Be physically active.** Walking briskly, mowing the lawn, dancing, swimming and bicycling are just a few examples of moderate physical activity. If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week.
- **Eat a healthy diet.** Emphasize fruits, vegetables, whole grains and fat-free or low-fat milk and milk products. Remember to include lean meats, poultry, fish, beans, eggs and nuts. Eat foods low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.
- **Stay at a healthy weight.** Balance calories from foods and beverages with calories you burn off by your activities. To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.
- **Drink alcohol only in moderation.** If you drink alcohol, have no more than one drink a day. (A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine or 1.5 ounces of 80-proof distilled spirits.) If you are pregnant, avoid alcohol.



P E D I A T R I C S

[www.watchungpediatrics.com](http://www.watchungpediatrics.com)

## Transfer to an Adult Physician

I hereby authorize the use or disclosure of my individually identifiable health information as described below. I understand this authorization is voluntary. I understand that if the organization authorized to receive the information may no longer be protected by federal privacy regulations and that it may be re-disclosed by the recipient.

**Patient (s) Name(s) and Dates of Birth:** \_\_\_\_\_

**Organization Providing the Information:** Watchung Pediatrics, 76 Stirling Rd, Ste 201, Warren, NJ 07059

**Organization or Provider Receiving the Information:** \_\_\_\_\_

Specific Description of Information Disclosed:  Medical History Summary and Immunization Record (no cost)  
 Complete Medical Record  
 Other: \_\_\_\_\_

To the extent any of the following information is contained in my records being released, I specifically authorize the release of such information purposes indicated below by initialing before each category:

**Initials:** \_\_\_\_\_ HIV/AIDS testing, test results; treatment and related information including high risk behavior documented:

**Initials:** \_\_\_\_\_ drug and/or alcohol diagnosis, treatment, test results and reports and referral information;

**Initials:** \_\_\_\_\_ mental health treatment information, test results and reports including psychological and psychological and psychiatric studies, reports, evaluations and referral information; and/or

**Initials:** \_\_\_\_\_ information regarding sexually transmitted diseases;

**Initials:** \_\_\_\_\_ genetic testing, test results, counseling reports, treatment, and referral information.

**Purpose of Discloser:** Transfer adult physician

### You must read and initial the following statements:

1. I understand this Authorization will expire one year from date below OR on \_\_/\_\_/\_\_. This allows the disclosing office to forward any information received to my new provider without requiring a new authorization form to be completed. **Initials:** \_\_\_\_\_
2. I understand that I may revoke this Authorization at any time by notifying the disclosing office's Privacy Officer in writing, but if I do, it will not have any effect on any actions they took before they received the revocation. **Initials:** \_\_\_\_\_

### Charge:

As per NJ Statute, Watchung Pediatrics charges a medical record transfer fee of \$1 per page, with a maximum \$100, *per child*.

When records are copied and mailed directly to a physician, the maximum charge is \$25 *per child*, payable at the time the request is submitted.

Patients may have a Medical Summary and immunization record *free of charge*.

Please allow 30 business days for your request to be processed.

\_\_\_\_\_  
Signature of Patient or Representative and Relationship

\_\_\_\_\_  
Date

*You may refuse to sign this authorization. We cannot condition treatment on your signing this Authorization.*

**New Jersey Department of Health and Senior Services  
Vaccine Preventable Disease Program  
P.O. Box 369, Trenton, NJ 08625-0369  
609-826-4860 (Fax 609-826-4866)  
www.njiis.nj.gov**

**NEW JERSEY IMMUNIZATION INFORMATION SYSTEM (NJIIS)  
CONSENT TO PARTICIPATE**

- RETAIN A COPY OF THIS FORM IN THE MEDICAL RECORD -

<b>REGISTRANT INFORMATION</b>	<b>PARENT/GUARDIAN INFORMATION (if NJIIS Registrant is a minor)</b>
Registrant Name ( <i>Print</i> )	Name ( <i>Print</i> )
Date of Birth	Address
Country of Birth	City, State, Zip Code
Name of Primary Health Care Provider	Relationship to Registrant
<p>I have received information about the New Jersey Immunization Information System (NJIIS) and understand that the purpose of this program is to help remind me when my/my child's immunizations are due and to keep a central record of my/my child's immunization history.</p> <p>I understand that the medical information in the NJIIS may be shared with authorized health care providers, schools, licensed child care centers, colleges, public health agencies, health insurance companies, and others as permitted by New Jersey Law at N.J.S.A. 26:4-131 et seq. and rules at N.J.A.C. 8:57-3.</p> <p>I understand that I can get a copy of my/my child's record from my primary health care provider, my local health department, or the New Jersey Department of Health and Senior Services (NJDHSS). The NJDHSS may be contacted at the website or telephone number listed above.</p> <p>There is no cost to participate in this program.</p> <p><input type="checkbox"/> Yes, I would like to participate in this program.</p> <p><input type="checkbox"/> No, I do not want to participate in this program.</p>	
Signature of Registrant (or Parent/Guardian, IF Registrant under 18 Years of Age)	Date

Name of NJIIS Enrollment Site	Registry ID Number	Medical Record Number

- RETAIN A COPY OF THIS FORM IN THE MEDICAL RECORD -