

# Time Away from Home Worksheet:

## Seeing Health Care Providers While Away

### 1. What will I do if I have to see a doctor and it is not an emergency?

*(Things to consider: Where would I go in an emergency? How would I get there?)*

*Tip: It may help to practice how you would give your health history and concerns to a new doctor. Ask your parent to role play with you.*

### 2. Do I feel comfortable giving my past medical history to a new doctor? Will I have copies with me? Do I know everything I need to tell a new doctor?



### 3. Who will I call if I just need to call a doctor or nurse for advice on the phone?

*(Things to consider: Should I call my usual doctor or clinic or a doctor in the place where I am staying? What are the phone numbers I will need?)*

### 4. Do I need a letter from my parents giving permission for me to be seen by a new health care provider?

*(Things to consider: If I need a permission letter, where will I keep it?)*