

University Hospitals Cutler Center for Men
The “Boys to Men” Care Guide

It's so *hard to say goodbye* to your adolescence. But this trusty guide will support you to the *end of the road*. Or at least until the day you **turn 26**.

Then you're completely on your own. Kidding. We'll be there then, too.



UH Cutler Center for Men is here for you. Our Joe Team coordinates with your care teams, past and future, to ensure a smooth, never-stubly transition to adulthood.

Scan to Learn More & Become a Member.

Must be 18+ to enroll. For individuals who identify as male, regardless of sex assigned at birth.



Ask JoeSM



Call Joe: 216-285-4JOE (4563) CutlerCenterForMen@UHhospitals.org UHhospitals.org/CutlerCenter



Ages 15-17

Test Driving Freedom

As you ramp up your independence, this is a great time to **start paying attention** to how your parents/guardians manage your healthcare.

Get prepared:

- Store a copy of your health insurance card in your wallet, backpack, or camera roll.
- Talk to your parents/guardians about what to do in a medical emergency, and memorize your emergency contact names/numbers.
- Listen when your parents/guardians call and make your appointments and/or order your prescription refills. Chime in if they can put it on speakerphone.

Build up your understanding:

- Start digging into your family medical history—you'll learn a lot about yourself.
- Ask your parents/guardians any questions you have after your appointments. Talk to them about how their visits with their own doctors might differ from your visits with the pediatrician.



Ages 18-21

Arriving at Adulthood (Legally)



Now that you're 18, you can **officially become a member** of UH Cutler Center for Men (nice).

Ask Joe™:

Joe will help you:

- Get set up with a doctor who accepts your health insurance.
- Schedule your first appointment and give you questions to ask.
- Find out if there will be a co-pay or any other charges—these are usually due at the time of your appointment.

Prepare to take charge of your healthcare:

- Map out future appointments if you'll be away from home for long periods of time (ex. college) or consider virtual visits.
- Download University Hospitals' MyChart app to your phone—and keep your care at your fingertips.

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Ages 22-25

Adulthood (For Real This Time)

As you approach the big **2-6**, make sure you continue to visit your doctor at least once every 12 months for a well visit, and as needed if you're ill.

Get proactive about your health:

- Get age-appropriate screenings. Your doctor will make suggestions, but we can help, too.
- Don't hesitate to schedule specialty appointments for any growing pains (ex. dermatology, orthopedics, urology).

Make sure you stay insured:

- After you turn 26, you'll need your own health insurance. Purchase independent coverage if you don't get insurance through your employer or spouse.
- Talk to Joe about any questions you have about staying insured and other wellness topics besides medical: mental health, STDs, nutrition, and anything else your curious about!

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