



# Transitioning to Adult Medical Care

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A GUIDE FROM CHILDREN'S MEDICAL CENTER

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CHILDREN'S  
MEDICAL CENTER

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EST. 1948



# MILESTONE 18TH BIRTHDAY

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Congratulations from Children's Medical Center on turning 18!

This is a significant birthday in many ways (voting, fewer driving restrictions, ability to serve in the military). In the eyes of the law you are an adult, and this has significance for us, as your medical providers. We can no longer communicate with your parents about your health care and must communicate directly with you. This means you will be the custodian of your own medical information and can make your own decisions about medical management. Of course, your parents will most likely want to be supportive and stay involved in your health care, and we encourage you to keep them as involved as you wish.

Even though you are legally an adult, we realize that you have restrictions on your cell phone use during the day in class or at practice or work. It may be easier for you during those hours for us to contact your parents with health care issues such as test results, medication refills, appointment reminders, etc. In order for us to do this, you must sign a release giving us permission to communicate with them. This form is included in this packet.

As your pediatricians, it is our delight to watch you grow and develop from a tiny infant into a wonderful, independent, healthy young adult. We want only the best medical care for you at every stage of your life. However, at some point, your medical needs will outgrow our expertise. And while we would love to keep you here with us forever, the national consensus is that most people need an adult doctor by the age of 22.


We would love to continue seeing you for your medical care until then. We still recommend annual well visits with us (this may take some planning if you are out of the state for school). In this packet are some helpful resources for you to begin your transition to adult medical care over the upcoming years. Please start to review your checklist of the important medical facts you will need to know about yourself as an adult.

We are happy to help you find an adult doctor. Your last annual well care with us will be at age 21. At that visit we will review any ongoing medical issues, renew any medications, make sure any specialty care visits are up to date, and make sure you have chosen an adult doctor. We can see you for sick visits during the following year, and then at 22 you will have your first adult well visit with your new doctor.

We have been so proud and honored to be included in your growing up and are excited to watch you go out into the world as a healthy adult.

# ADULT MEDICAL CARE PHYSICIANS

We would like to provide you with a list of Family Practice and Internal Medicine Physicians in the area as a start to your search for your new adult medical home. Feel free to also consider choosing the same practice that your parents may go to for their health care.

Practices with  accept Medicaid patients.

## Aspen Medical Group

Dr. Crista Keller, MD, Dr. Megan Press, MD  
4500 E. 9th Ave St. 450  
Denver, CO 80220  
M: 303-394-9355 | F: 303394-1932  
Taking New Patients.  
No Medicaid. Takes all other insurance, but call to verify.

## Caritas Clinic

Dr. Karen Weber, MD (Residency Clinic)  
1960 Ogden St. Suite 400  
Denver, CO 80218  
M: 303-318-1540  
Practice Administrator: Jean Cunningham, 303-318-1571  
Taking New Patients.  
Takes Medicaid, Medicare and Most insurances, but call to verify.  
No Humana, Tricare, Kaiser.

## Denver Family Medicine

Dr. Matt McCoy, MD, Dr. Michelle Draeb, MD, Dr. Brad Alger, MD, Dr. DeAun Gehring, MD,  
Dr. Andrew Schiavoni, MD, Dr. Michael Keller, MD  
1700 Marion St.  
Denver, CO 80218  
M: 303-830-6666 | F: 303-830-7099  
Taking New Patients.  
No Medicaid. Takes all other insurance, but call to verify.

## Denver Internal Medicine Group

Dr. Stephen Alix, MD, Dr. Robert Carson, MD, Dr. Mark Eiles, MD, Dr. Robert Doolan, MD, Dr. David Vo, MD, Dr. Diana Francu, MD  
360 S. Garfield St. Suite 550  
Denver, CO 80209  
M: 303-333-5456  
Taking New Patients.  
No Medicaid. Takes all other insurance, but call to verify.

## Doctors Care

609 W. Littleton Blvd Suite 100

Littleton, CO 80120

M: 303-730-1313

Taking New Patients ages Newborn to age 35. Has in-house Social Worker (Courtney).

Takes Medicaid, CHP Plus and Uninsured. No private insurance.

## Grace Health Clinic

Dr. Franck Belbi, MD (Adult Provider), Dr. Suzanne Belibi, MD (Peds Provider)

3191 S Vaughn Way Suite 101

Aurora, CO 80014

M: 303-755-4600 | F: 303-745-3884

Taking New Patients.

Takes Medicaid. Takes all Private PPO Insurance, but call to verify.

## Health Mark

Dr. Robert Fleser, MD, Dr. Wayne Peters, MD, Dr. Kristin Haber, MD, Dr. Sarah VanDuzer-Moore, MD, Dr. Eugenia Pritchett, MD

4700 E. Iliff Ave.

Denver, CO 80222

M: 303-584-8900

Taking New Patients ages 18 and older.

No Medicaid. Takes all other insurance, but call to verify.

## Metro Community Provider Network (MCPN)

700 Potomac St. Suite A

Aurora, CO 80011

M: 303-360-6276 | F: 303-232-3349

Taking New Patients. Takes Special Needs Patients. Has in-house Social Workers at all locations.

Takes Medicaid. Takes all other insurance, but call to verify.

## Miramont Family Physicians

Dr.Carolynn Francavilla, MD

4100 E. Mississippi Ave. Suite 110

Denver, CO 80246

M: 303-805-5528

Taking New Patients.

No New Medicaid. Takes all other insurance, but call to verify.

## 9th Avenue Internal Medicine

Dr. Igor Borisov, MD, Dr. Daniel Witten, MD

4500 E. 9th Ave. Suite 140

Denver, CO 80220

M: 303-394-2152

Taking New Patients ages 18 and older.

No Medicaid. No Medicare. Takes all other insurance, but call to verify.

## Rocky Mountain Family Medicine (Aurora)

13650 E. Mississippi Suite 120

Aurora, CO 80012

M: 303-695-8684

Taking New Patients. Has in-house Social Worker (Not taking New Patients).

Takes Medicaid. Takes all other insurance, but call to verify.

## Rocky Mountain Family Medicine (Englewood)

730 W. Hampden

Englewood, CO 80110

M: 720-974-7466

Taking New Patients.

Takes Medicaid. Takes all other insurance, but call to verify.

## Rose Family Medicine

Dr. Matt Carpenter, MD, Dr. Arwen Johnson, MD, Dr. Ben Kirkley, MD, Dr. Matt Simpson, MD,  
Dr. Meaghann Bernardy, MD, Dr. Jesper Brickley, DO

4545 E. 9TH Ave #010

Denver, CO 80220

M: 303-584-7900

F: 303-584-7990

Taking New Patients.

Takes Medicaid. Takes all other insurance, but call to verify.

## The Schreiber Clinic, PC

Dr. Allen Schreiber, MD

8200 E. Belleview Ave. Suite 326 C

Greenwood Village, CO 80111

M: 303-321-1095

Taking New Patients. Does same day appointments,

Takes Medicaid. Takes Medicare. Takes all other insurance, but call to verify.

## Dr. CJ Tsamasfyros, MD

90 Madison Plaza, Suite 102

Denver, CO 80206

M: 303-322-2005

Taking New Patients.

Takes Medicaid. Takes Medicare. Takes all other insurance, but call to verify.

## Wheatridge Primary Care Clinic

6301 W. 38th Ave.

Wheatridge, CO 80033

M: 303-940-9118

Taking New Patients.

Takes Medicaid. Takes all other insurance, but call to verify.

# OB/GYN PRACTICES

We would like to provide our female patients with a list of Obstetricians and Gynecologists (OB/GYNs) in the area as a start to your search as you take charge of your adult medical care. Feel free to also consider choosing the same practice that your mother uses. Please remember that if you are female, it is recommended that you undergo your first PAP smear at age 21.

Practices with  accept Medicaid patients.

## Dr. Ann Arrigo

1960 N Ogden, Suite 310  
Denver, CO 80218  
M: 303-839-8538

## Central OB/GYN

1960 Ogden Street, Suite 580  
Denver, CO 80218  
M: 720-287-7560

## CO Women's Healthcare

130 Rampart Way, Suite 150  
Denver, CO 80230  
M: 303-366-3388  
Accepts Medicaid

## Consultants in OB/GYN

2055 High Street, Suite 140  
Denver, CO 80205  
M: 303-322-2240  
Accepts Medicaid

## Metropolitan OB/GYN

4500 E 9th Ave, Suite 200S  
Denver, CO 80220  
M: 303-399-0055

## Midtown OB/GYN

4600 Hale Parkway, Suite 400  
Denver, CO 80220  
M: 303-321-2166

## Mile High OB/GYN

425 S Cherry Street, Suite 300  
Denver, CO 80246  
M: 303-388-4631  
Accepts Standard Medicaid

## Partner's Women's Health

4500 E 9th Ave, Suite 700  
Denver, CO 80220  
M: 303-399-3315  
Accepts Medicaid for Pregnancy Only

## Dr. Russell Weister

1601 E 19th Ave, Suite 3050  
Denver, CO 80218  
M: 303-320-1227  
Accepts Medicaid

# RESOURCE LIST

## Crisis Resources

Confidential and immediate support, 24/7/365. If you are in crisis or need help dealing with one, call this toll-free number 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional.

### Westminster Walk-In Crisis Services

2551 W 84th Avenue  
Westminster, CO 80031

### Boulder Walk-in Crisis Services

3180 Airport Road  
Boulder, CO 80301

### Lakewood Walk-In Crisis Services

12055 W. 2nd Place  
Lakewood, CO 80228

### Denver Walk-In Crisis Services

4353 E. Colfax Avenue  
Denver, CO 80220

### Littleton Walk-In Crisis Services

6509 S. Santa Fe Drive  
Littleton, CO 80120

### Aurora Walk-in Crisis Services

2206 Victor Street  
Aurora, CO 80045

## Poison Control

### American Association of Poison Control Centers

1-800-222-1222, Emergency line 24/7

## Mental Health Resources

### Aurora Mental Health Centers

For information and appointments call 303-617-2300

### Mental Health Center of Denver

To schedule a first time appointment at Mental Health Center of Denver for yourself, your child or a loved one, contact the Access Center by calling 303-504-7900.

### Jefferson Center for Mental Health

Main 303-425-0300 | Toll Free 1-800-201-5264

### Denver Family Therapy Center

4891 Independence Street #165  
Wheatridge, CO 80033  
Main 303-456-0600

### MOS Counseling Services (Maria Droste Counseling Center)

1355 S Colorado Boulevard #100  
Denver, CO 80222  
Main 303-756-9052

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Practice Limited to Infants, Children and Young Adults

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## Authorization to Release Healthcare Information

Patient's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Patient Contact Number: \_\_\_\_\_

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I \_\_\_\_\_ request and authorize to release healthcare information of the patient named above to: Person(s) being Authorized: \_\_\_\_\_.

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

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This request and authorization applies to:

- Healthcare information relating to the following treatment, condition, or dates ( \_\_\_\_\_ )
- All healthcare information
- Rx Refills
- Other: \_\_\_\_\_

### Specific Circumstances

- Yes  No I authorize the release of my STD results, HIV/AIDS testing, whether negative or positive, to the person(s) listed above. I understand that the person(s) listed above will be notified that I must give specific written permission before disclosure of these test results to anyone.
- Yes  No I authorize the release of any records regarding drug, alcohol, or mental health treatment to the person(s) listed above.

Patient Signature: \_\_\_\_\_ Date Signed: \_\_\_\_\_

This authorization expires one year after signature and may be revoked at any time within that year.  
At the discretion of the patient some information may not be disclosed.



# CHECKLIST FOR TRANSITIONING TO ADULT CARE

I have chosen an adult physician:

Practice Name: \_\_\_\_\_

Physician's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

If female, I have chosen a gynecologist:

Practice Name: \_\_\_\_\_

OB/GYN's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

I know my drug and food allergies:

Drug/Food: \_\_\_\_\_ Reaction: \_\_\_\_\_

Drug/Food: \_\_\_\_\_ Reaction: \_\_\_\_\_

Drug/Food: \_\_\_\_\_ Reaction: \_\_\_\_\_

I know the names and doses of medications that I take:

Name: \_\_\_\_\_ Dose: \_\_\_\_\_ Frequency: \_\_\_\_\_

Name: \_\_\_\_\_ Dose: \_\_\_\_\_ Frequency: \_\_\_\_\_

Name: \_\_\_\_\_ Dose: \_\_\_\_\_ Frequency: \_\_\_\_\_

I know my significant medical history and/or current medical conditions

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