



Manage Your Medical Care

- Schedule an appointment with your pediatrician to discuss transitioning to an adult care provider.
- Understand your health insurance coverage and keep a copy of your insurance card.
- Create a personal health record to keep track of your medical history and medications.

Financial Literacy

- Open a checking account and set up a budget using a financial app or spreadsheet.
- Learn about responsible credit card use and start building credit wisely.
- Start an emergency fund with at least \$500.

Dietary and Behavioral Habits

- Plan balanced meals and understand basic nutrition.
- Establish a regular exercise routine that fits your schedule and interests.
- Prioritize sleep by maintaining a consistent sleep schedule.

Safety

- Learn about personal safety, especially if moving to a new city or living alone.
- Program emergency contacts into your phone.
- Stay informed about the best practices for online safety and privacy.

Mental Health

- Identify stress-reduction techniques that work for you (e.g., meditation, yoga, journaling).
- Know where to find mental health resources at school or in your community.
- Maintain regular check-ins with yourself about your mental well-being.

Work and Study Habits

- Set up a dedicated study space free from distractions.
- Use a planner to manage assignments and deadlines.
- Balance school and social life effectively to avoid burnout.