

Text 4 Your Health



Are You Ready To Take Charge of Your Health?

The **Innovative Approaches Project (Cabarrus, Gaston, Rowan & Union counties)** is working to help youth take charge of their health as they are on the journey to adulthood.

We invite you and your parent to participate by signing up to receive text messages with tips, tools, and resources about your health care.

Topics include:

- Preparing to transition from pediatric to adult health care
- How to talk to your Doctor
- Understanding health conditions
- Setting health goals
- Being your own advocate
- Medical record keeping
- Managing medications
- Insurance

Over 75% of youth with a special health care need report they did not receive services necessary to make the transition to adult health care!

For additional information and to sign up to receive a weekly text, visit

<https://tinyurl.com/y2hbhq9u>

*The **Innovative Approaches Initiative** is supported through the NC Division of Public Health, Children and Youth Branch and facilitated by Cabarrus Health Alliance.*



Innovative Approaches Initiative