Once you transition into adulthood, your UPMC Audiology experience will continue – it will just be a little different than you’re used to!

Look at the checklist below – these are some things that you should practice doing on your own before you transfer your audiologic care from Children’s Hospital to the Eye & Ear Institute.

If you can check off each item on this checklist and bring it to your new audiologist, he or she will give you a year’s worth of free batteries!

<table>
<thead>
<tr>
<th>Task</th>
<th>Complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clean your hearing aids at home.</td>
<td></td>
</tr>
<tr>
<td>Find out what size batteries your hearing aids use.</td>
<td></td>
</tr>
<tr>
<td>Go to a store and find the hearing aid batteries.</td>
<td></td>
</tr>
<tr>
<td>Look up how much a pack of hearing aid batteries costs.</td>
<td></td>
</tr>
<tr>
<td>Describe to your audiologist one way your hearing aid(s) are working well for you or helping you.</td>
<td></td>
</tr>
<tr>
<td>Ask your CHP audiologist how much it costs to have a hearing aid repaired when it’s not under warranty.</td>
<td></td>
</tr>
<tr>
<td>Find out what kind of health insurance you have and if there is any coverage for hearing aids once you become an adult.</td>
<td></td>
</tr>
<tr>
<td>Make sure you have a copy of your health insurance card.</td>
<td></td>
</tr>
<tr>
<td>Attend your IEP meeting at school.</td>
<td></td>
</tr>
<tr>
<td>Write down a summary of your hearing loss and any ear-related history (surgeries, procedures, etc.).</td>
<td></td>
</tr>
<tr>
<td>Complete one audiology appointment at CHP on your own (without a parent or guardian present in the room - ask them to wait in the waiting room while you talk to your audiologist).</td>
<td></td>
</tr>
<tr>
<td>Collect copies of your old audiograms and keep them in a file at home. (Every time you have a new one, add it to the file!)</td>
<td></td>
</tr>
<tr>
<td>Ask your audiologist how often you should have your hearing tested once you leave Children’s Hospital.</td>
<td></td>
</tr>
<tr>
<td>Schedule your own appointment with your CHP audiologist. Record the day, time, and location of the appointment in a planner or on a calendar app.</td>
<td></td>
</tr>
<tr>
<td>Questions about.</td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------------------------------------------</td>
<td>---</td>
</tr>
<tr>
<td><strong>Insurance coverage</strong></td>
<td></td>
</tr>
<tr>
<td>Who pays for hearing aids?</td>
<td>□</td>
</tr>
<tr>
<td><strong>Hearing aids are covered under a state program in Pennsylvania for children under 21.</strong></td>
<td></td>
</tr>
<tr>
<td>Who has access to my information?</td>
<td>□</td>
</tr>
<tr>
<td><strong>Your parent(s) or guardian(s) can request information about your healthcare treatments or outcomes.</strong></td>
<td></td>
</tr>
<tr>
<td>What do I do if I have a question or don’t know what to do?</td>
<td>□</td>
</tr>
<tr>
<td><strong>Your parent(s) or guardian(s) will find out the answer.</strong></td>
<td></td>
</tr>
</tbody>
</table>

### Preparing for your audiology appointment...

<table>
<thead>
<tr>
<th>Questions about.</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>How do I contact my audiologist?</strong></td>
<td>□</td>
</tr>
<tr>
<td><strong>Your parent(s) or guardian(s) will contact them for you.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Do I need my health insurance card?</strong></td>
<td>□</td>
</tr>
<tr>
<td><strong>Your parent(s) or guardian(s) will bring it.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>When should I make an appointment?</strong></td>
<td>□</td>
</tr>
<tr>
<td><strong>Your parent(s) or guardian(s) will make an appointment with the audiologist when your hearing aids aren’t working or when you need a hearing test.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>How will I remember to go to my appointment</strong></td>
<td>□</td>
</tr>
<tr>
<td><strong>Your parent(s) or guardian(s) will bring you.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>When should I see the audiologist vs when should I see the ear doctor?</strong></td>
<td>□</td>
</tr>
</tbody>
</table>
### On the day of your appointment...

<table>
<thead>
<tr>
<th>Where do I go?</th>
<th>Children’s Hospital of Pittsburgh location</th>
<th>UPMC location - Ask your CHP audiologist to help you to find the location that will be most convenient for you based on where you live!</th>
</tr>
</thead>
<tbody>
<tr>
<td>How do I get there?</td>
<td>Transportation is provided by parent(s) or guardian(s).</td>
<td>You are responsible for transporting yourself to and from the appointment. You can drive, take the bus, take Uber or Lyft, etc.</td>
</tr>
<tr>
<td>Who will be in the room for my appointment?</td>
<td>You, your parent(s) or guardian(s), and the audiologist will be in the room.</td>
<td>You can choose whether you want your family or friends to join you in the appointment room.</td>
</tr>
<tr>
<td>How will my audiologist know my history?</td>
<td>Your parent(s) or guardian(s) will tell them what they need to know.</td>
<td>You need to be able to tell them anything in your history that is related to your ears or hearing.</td>
</tr>
</tbody>
</table>

### Between appointments...

<table>
<thead>
<tr>
<th>What do I do if my hearing aid breaks or stops working?</th>
<th>Your parent(s) or guardian(s) will schedule an appointment for you.</th>
<th>Schedule an appointment for a hearing aid check.</th>
</tr>
</thead>
<tbody>
<tr>
<td>How can I get a copy of my test results?</td>
<td>Your parent(s) or guardian(s) can sign a medical records release.</td>
<td>You must sign the medical records release.</td>
</tr>
</tbody>
</table>