

## WE ARE ACCESSIBLE

What makes Seward Community Health Center unique is our patient management database which we use to monitor and coordinate patient care.

You can reach us in multiple ways: by phone, fax, mail, or online via our secure patient portal (MyChart).



Sign up for MyChart and  
pay your bill online at  
[www.sewardhealthcenter.org](http://www.sewardhealthcenter.org)

**907-224-2273**

**Same-Day Appointments  
Usually Available**

## HOURS OF OPERATION

Monday	8:00 am - 6:00 pm
Tuesday	8:00 am - 6:00 pm
Wednesday	8:00 am - 6:00 pm
Thursday	8:00 am - 6:00 pm
Friday	8:00 am - 6:00 pm
Saturday	CLOSED*
Sunday	CLOSED

*\*See website or call for Saturday hours*

## CONTACT US

Seward Community Health Center  
417 First Avenue / PO Box 2895  
Seward, AK 99664

**907-224-2273**

[www.sewardhealthcenter.org](http://www.sewardhealthcenter.org)

Find us on Facebook 



## From Childhood to Adulthood



Navigating the medical system can  
be difficult as a young adult.  
It's never too early to start planning  
for independence!



**907-224-CARE (2273)**

[www.sewardhealthcenter.org](http://www.sewardhealthcenter.org)

## DEVELOPING HEALTHY HABITS & SKILLS

Moving through your teen years into adulthood is an amazing time. You are getting the chance to practice making your own decisions and choices on your own. With your health, you have some additional decisions to make in order to keep your body healthy for the long haul, with such things as:

- How to get your prescriptions filled and remembering when to take them.
- Making and keeping appointments with your Primary Care Provider (PCP) and getting to them on time.
- Getting and keeping health insurance.
- Learning how to make healthy snacks and meals.
- Finding an exercise routine that you enjoy.
- Making smart & safe decisions about relationships and sex.
- Avoiding harmful habits.
- Not being afraid to ask questions!



## YOUR HEALTH AS AN ADULT

Transition to adulthood can be very exciting, but scary, time because of so many changes and new responsibilities.

Starting to plan and prepare early makes a big difference. These are some specific ways forward:

- Schedule a first “baseline” visit with your new provider before you have an urgent health need.
- Talk to your provider about ways to stay healthy.
- Carry your list of medications, providers, and insurance card.
- Work with your provider to find who can care for you and your needs.
- Learn more about your health.

### *Did you know?*

You can prolong your life and lower the cost of your healthcare, just by taking control of your health!

Having an annual exam with your provider can help assess and improve your overall health and well-being.

## PAYING FOR MEDICAL CARE

- If you are covered by your parents’ health insurance, it may be possible for the medical coverage to continue into adulthood. You need to check and make arrangements with your parents’ employers.
- If you work, it will be important to find out if your job offers health insurance. If so, find out if the health providers and hospitals you want to use are covered by the insurance.
- You may qualify for Alaska Medicaid. You can speak with our Outreach & Enrollment Coordinator to fill out an application.
- If you are college-bound, contact your college enrollment office and learn about insurance that may be available through your school.

**QUESTIONS ABOUT INSURANCE?**  
**Schedule FREE meetings with our**  
**Enrollment Coordinator at**  
**907-224-2273**

