MyHealth 3-Sentence SUMMARY

How do I use it?

- Sentence 1: My age, diagnosis and brief medical history
- Sentence 2: My treatment plan
- Sentence 3: My question/concern to talk about during this visit

Example

“Hi, my name is Sally Butamol.

1) I am 16 and have asthma. I have been hospitalized twice, but not in the last 5 years.

2) I have been taking Ventolin and Flovent since I was 3.

3) I am here today because I can’t run anymore. I wheeze too much and can’t breathe.”

Now it’s your turn

- Practice with the health-care providers you see the most
- Ask if your 3-Sentence Summary is correct and includes all the important information

What is a 3-Sentence Summary?

- An easy way to discuss important health information with your health-care team at each visit

Good 2 Go Transition Program

www.sickkids.ca/good2go