

MyHealth 3-Sentence SUMMARY



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

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

