

Well on Your Way

Helping Youth Transition to Adult Healthcare



MYHEALTH 3-SENTENCE SUMMARY

WHAT IS A 3-SENTENCE SUMMARY?

The MyHealth 3-Sentence Summary provides some tips on how to describe your health and current needs in about three sentences. This skill is important when you meet your new adult health care providers or when you do not get to spend too much time with a health care provider. After you give your summary, your provider will typically have questions. This does not mean you have forgotten important information, it just means you have given enough information that they can now focus on what's important to you during the appointment.

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 the visit

EXAMPLE:

Hi, my name is Sally Butamol.

1. I am 16 and have asthma. I have been hospitalized twice, but not in the past 5 years.
2. I have been taking Ventolin and Flovent since I was three.
3. I am here today because I cannot run anymore. I wheeze too much and cannot breathe.

NOW IT IS 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.

Sentence 1: _____

Sentence 2: _____

Sentence 3: _____

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