

## 3-Sentence Summary

### What is a 3-Sentence Summary?

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

### How do I use it?

- Sentence 1: My age 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 Daniel.

I am 15 years old and I have a mitochondrial disorder.

I can't eat orally, so I am fed through my g-tube.

I am here today because the skin around my g-tube is sore and red".

### Now it's your turn

Practice with the healthcare providers you see the most

Ask if your 3-Sentence Summary is correct and includes all the important information

Now you try!

### My Health Passport

[My Health Passport](#) is a customized, wallet-size card that gives you instant access to your paediatric medical information. It can be used when you go to a new doctor, visit an emergency room. You can print it for your wallet or email a copy to yourself to save it in your smart phone.

### My Transition app

Download the My Transition app for [iOS](#) or [Android](#)