

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.

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 Smith.

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

I have been taking Ventolin and Flovent since I was 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 healthcare providers you see the most.

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

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](#)