

# 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](http://www.sickkids.ca/good2go)

## SickKids®

### 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

