



Transition Program

3 Sentence Summary:

Create to describe my medical problems to review with my providers.

What is a 3-Sentence Summary?

The My Health 3-Sentence Summary provides some tips on how to describe your health and current needs in about 3 sentences.

This skill is really important when you meet your new adult health care providers or when you don't get to spend too much time with a health care provider. After you give your summary, your provider will typically have questions. This doesn't mean you've forgotten important information; it just means you've 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:

1. Hi, my name is Sally Butamol. 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 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.

Sentence 1:	
Sentence 2:	
Sentence 3:	