

# My 3 Sentence Summary



## What is it?

The 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?

- 1: My age, diagnosis, and brief medical history
- 2: My treatment plan
- 3: My question/concern to talk about during the visit

## Examples:

My name is Sarah Johnson. I am 14. I was diagnosed with type 1 diabetes when I was 9. My diabetes is controlled pretty good. MY A1C was 8.5 last month. I currently take daily insulin injections. I recently joined the dance team and want to know if an insulin pump and CGM would help me better manage my diabetes during dance. I've heard about a tubeless insulin pump and want to learn more about that.

My name is David Lee. I am 19 years old. I was diagnosed with rheumatoid arthritis when I was 8. I currently take 7.5 milligrams of methotrexate once a week. I am here today because I will be moving out of state for college and need help getting set up with a new provider there. Do you have any recommendations for an adult arthritis specialist in my new town?

My name is Sam Gonzales. I was born with Spina Bifida and am now 15 years old. I use a catheter 4 times a day and take my medications on my own. I also do pressure sore checks every day. I am here today because I need to know what steps I need to take to get my driver's license.



## Now you try!