Know Yourself- for Teens

Take a few minutes to sit down and fill out this sheet about yourself. After finishing, review it with your parents to help clarify any answers you were uncertain of. Then keep it and use it as a guide to help you communicate your health history to your next healthcare provider.

- ✓ My medical condition(s)-

- ✓ Medicines I use-

- ✓ My allergies (include reaction)-

- ✓ My past operations/hospitalizations-

- ✓ Our family health history-

- ✓ My emergency contacts-

- ✓ My healthcare provider (and how to contact them; include any specialist)-