



Medical History Tool: A User Guide for Youth

Sometimes, it's tough to keep telling doctors and therapists about your health, whether it's your body or your feelings. It can be especially hard when you have to talk about personal stuff that might make you feel uneasy.

This **tool** can make it easier. It was made by youth who have been to the doctor. It helps you talk to new doctors without having to say the same things over and over again.

Here are **2 steps** on how to use the tool and **examples** to help you:

1 **Fill out the tool**

- Print it out and fill it in with a pen or pencil, or save it on your phone or laptop and fill it out digitally.
- Look at the tips section to know what info to include.
- Customize the tool however you like.
- Add or remove parts and write what you need for your healthcare provider.
- Delete saved copies on public devices and dispose of extra paper copies.

2 **Bring the tool to appointments with healthcare providers**

- Take your medical history tool—whether it's paper or electronic—to your appointments with doctors and therapists.
- Sometimes, they might still need to ask more questions or have you fill out additional forms, which is normal. Just remember, while the tool makes talking easier, you might still need to provide more details so they can help your child better.



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TIPS: You can add important information about yourself like ...

- Your name and what you like to be called
- Your gender and pronouns (like they/them, she/he, her/him, etc.)
- When you were born
- The language you speak best
- Your allergies and how they make you feel
- Your health conditions and diagnosis (make sure you write down when you were told, how it makes you feel, and how it is treated like medication)
- Any important events that happened to you (like surgeries or times you stayed in the hospital)
- Things you are good at, that are hard for you, and that make you upset or scared
- If it's easy or hard for you to get help (like going to the doctor's office)
- The names of the people who help take care of you (like therapists or doctors) and how to contact them
- The names of people who can make decisions for you if you can't (like a parent or guardian) and how to contact them
- Things about your family or guardians (like who you live with and who you talk to about how you are feeling)

By completing this medical history tool, you may be putting down your/your child/youth's personal information and potentially personal health information. Kids Come First is not responsible for any information shared externally outside of this purpose. You are responsible for saving and transmitting this information securely.