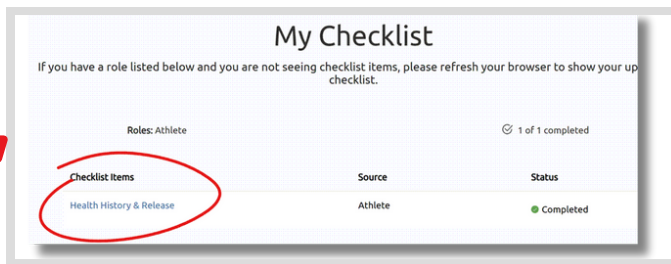
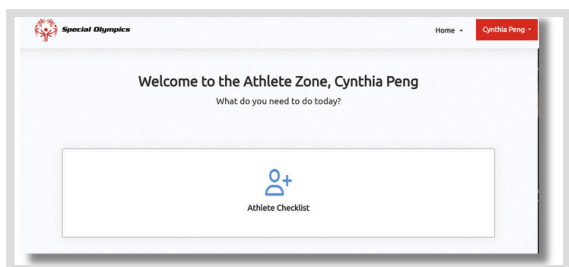
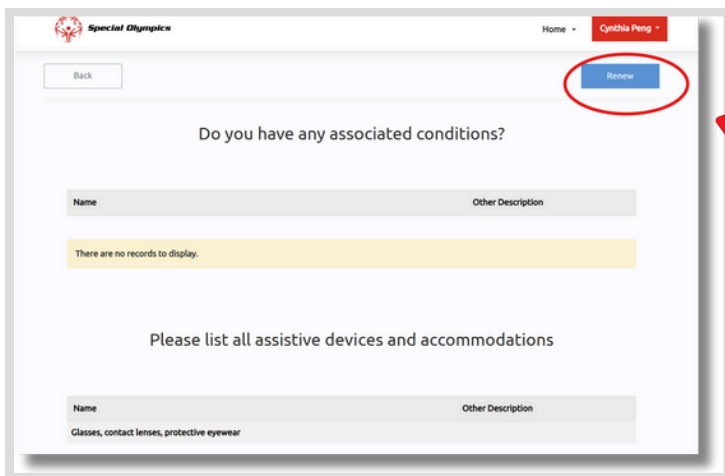


Updating Your Athlete Health History (Self)

Once you've logged into the portal and click on **Athlete Checklist**



Click on the **Health History** link



An online version of your Health History form will appear. To edit any part of your Health History, you will need to click on the **RENEW** button. Once you do so, you will be required to resign the medical form electronically.

The Portal will walk you through the steps of filling out the Health History form from there.

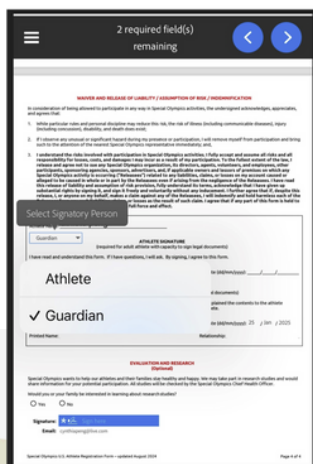
If you have need a Parent/Guardian to sign the form they should receive an email from:

Signature requested on "Health History & Release_Legacy Example"



Center of Excellence Sign via Adobe Acrobat Sign <adobesign@adobesign.com>
To Cynthia Peng

Make sure the form is electronically signed in the correct section



You're almost done! Get connected to a Special Olympics team or program through our **Portal Support Intake form**

<https://bit.ly/SOWA-PortalSupport>.

We have quick tip Portal videos available for you as well on our Special Olympics Washington YouTube channel at

<https://bit.ly/4gr0OIT>.

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Visit our Portal Support page with questions at <https://bit.ly/SOWA-PortalSupport>