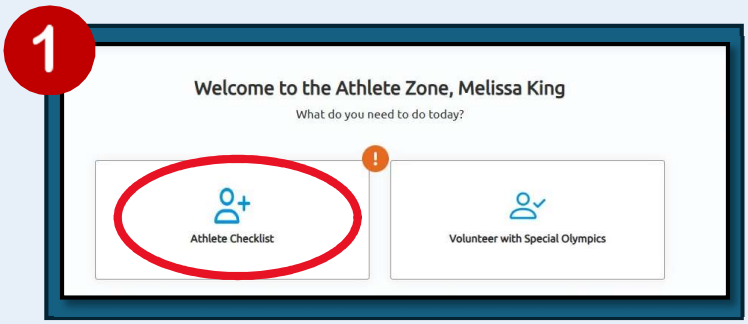
RENEWING: Athlete Health History & Release Form (Self)

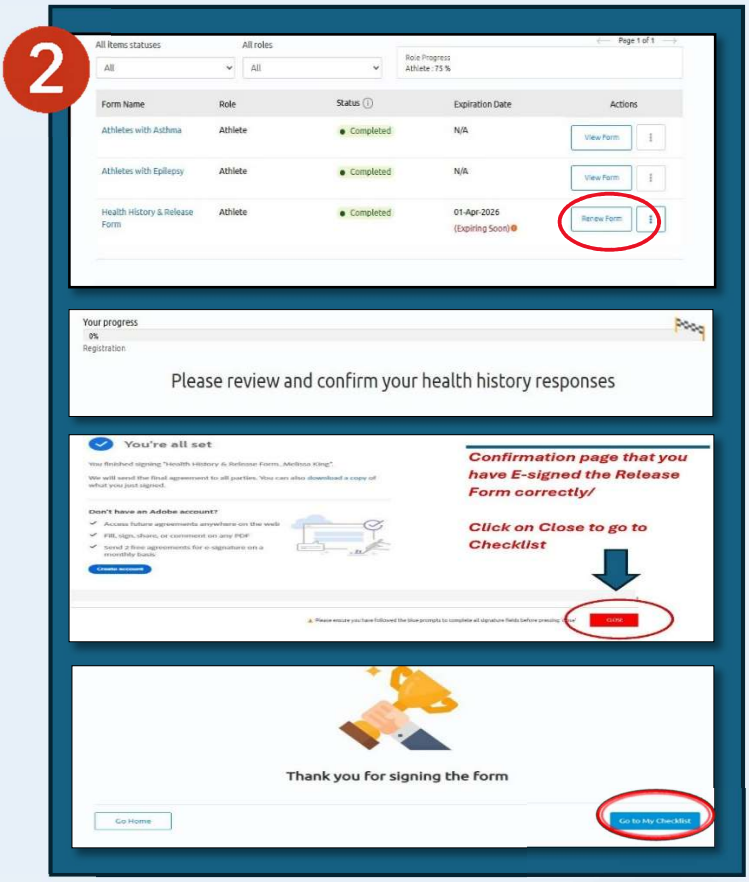
1. **Access the Athlete Portal:**
   - Log in to your account https://portals.specialolympics.org
   - Click on **"Athlete Checklist"** *(This is your personalized list of required tasks and forms).*

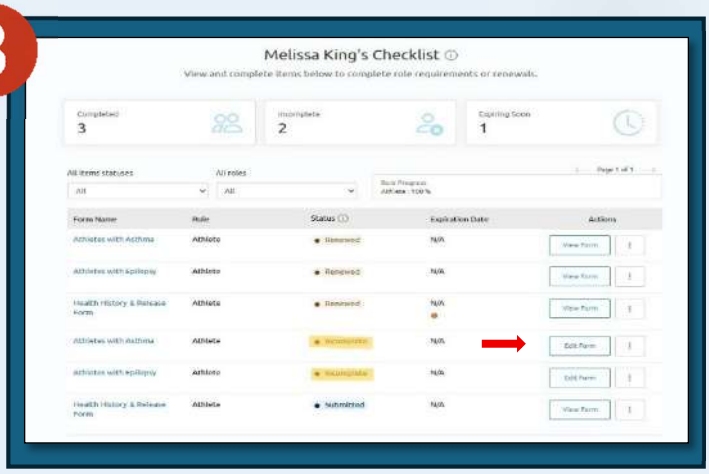
2. **Renew/Update Health History & Sign Release Form**
   - Click on the **"Renew Form"** to the right of your Health History & Release Form.
   - **Scroll down** and **review** your current health history selections are correct. You can make changes and updates within this form. Please be sure to update any health or medication changes.
   - Choose to sign electronically (E-Sign) via Adobe Sign **(recommended).** You can print form once it has been e-signed
   - Click on **"Close"** at the bottom right of the page.

3. **Review Checklist for Additional Health Forms**
   - Click **"Go to My Checklist."**
   - Look for any forms marked **"Incomplete."**
   - Click **"Edit Form"** on each incomplete item and answer all questions to the best of your ability.
   - Repeat this process until **all items previously marked "Incomplete"** have changed to **"Complete"**

   Do not worry about any previous Health Forms that are marked renewed.







IMPORTANT NOTE

If you answered **"YES"** that you have one of the following health conditions below on your health history form, please ensure you complete the **additional follow-up health forms** related to these conditions, found in **Step 3** of your instructions above.

- **Heart condition**
- **Asthma**
- **Epilepsy/seizures**
- **Bleeding disorder**
- **Diabetes requiring insulin**