**About This Form**

Fill out the following information accurately, but please be concise. The form below is required for youth members. Any information listed here may be shared with Washington State University faculty and staff, and/or certified 4-H Volunteer Leaders at your County Extension Office’s discretion. **If you do not wish to share information about a health condition, please choose “Prefer not to state” from the required options.**

If a youth member is 18 on the date these forms are signed, please have the youth member sign in the Member **and** Parent/Guardian fields.

If the youth member is in need of a reasonable accommodation to participate in 4-H events and activities, please see the “4-H Reasonable Accommodation Policy” and fill out the application there.

Fields in **BOLD** are required fields. Your health form will be considered incomplete if any required field remains empty.

**This form is valid only for the 2019-2020 4-H Year (October 1, 2019 – September 30, 2020).**

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### Health Information

**Allergy Information:**

**Does this participant have any allergies or reactions (food, drug, plant, insect, etc.)?**

- **No**
- **Yes**
- **Prefer not to state**

Describe any allergies and/or reactions, notating if any allergies require medical intervention:

**Dietary Needs:**

**Does this participant have any dietary needs?**

- **No**
- **Yes**
- **Prefer not to state**

List any dietary needs here:
General Health Information:

Does this participant have any general health conditions that may affect his/her ability to participate in events?

- No
- Yes
- Prefer not to state

Please list any health conditions that may affect the member’s ability to participate in events, including any activities that may be restricted/prohibited due to these conditions:

Additional Information:

Please provide any additional information that may be important for WSU faculty and staff, and/or certified 4-H Volunteer Leaders to know:

Health Care Provider Information

Primary Care Doctor: ___________________________________________

Primary Care Doctor Phone Number: ______________________________

Secondary Doctor: ______________________________________________

Secondary Doctor Phone: _________________________________________

Insurance Information

I am covered by family medical and/or hospital insurance:

- No
- Yes

Primary Insurance Company: _______________________________________

Insurance Policy Number: _________________________________________

Insurance Subscriber: ____________________________________________
**Additional Emergency Contact**

If you have a secondary emergency contact you would like listed, please fill in the following information. The emergency contact listed on your 4-H membership application will be automatically included on this health form when printed.

Secondary Emergency Contact Name: ________________________________

Secondary Emergency Contact Phone: ________________________________

Secondary Emergency Contact Relationship to Member: __________________

**Emergency Medical Release**

In an emergency requiring medical attention or a situation reasonably believed to be an emergency by Washington State University (WSU) authorized agents including enrolled 4-H volunteers or event staff, I authorize WSU and its authorized agents to obtain emergency medical care for me. I will be responsible for any expenses incurred in so doing including, but not limited to, care by health care professionals, hospital care, and ambulance or other services. In addition, the health care provider has permission to obtain a copy of my health record from providers who treat me and these providers may talk with the program's staff about my health status.

I hold harmless and agree to indemnify Washington State University, its authorized agents, and employees from decisions to seek emergency treatment.