

# Athlete \*Not Own Guardian - Adobe E-sign 1 of 1 Health History Form

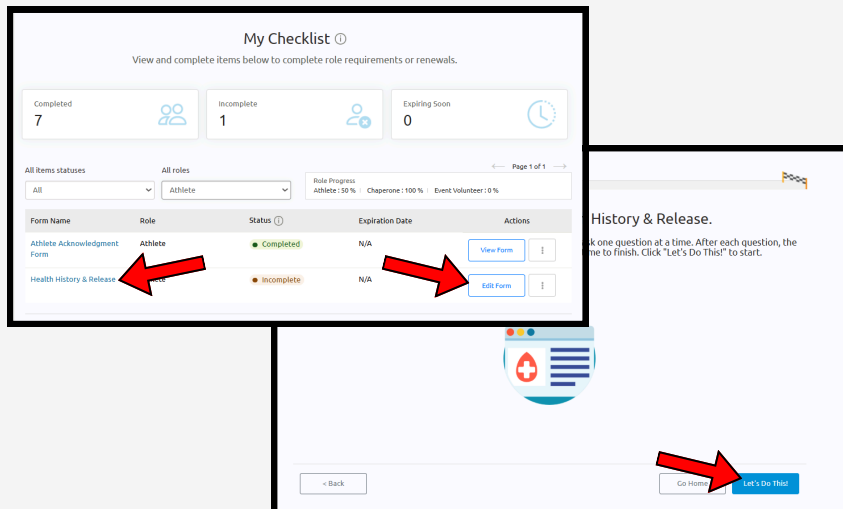
To begin, visit [portals.specialolympics.org](https://portals.specialolympics.org). It is recommended that you bookmark this link, as this will be how you log in in the future. You have selected to electronically sign your forms, here is a guide to be sure you fully submit your forms.

1.

As an athlete, who is not their own guardian, but has a portal account, you will start in your **"Athlete Zone"** from there click into **"My Checklist"**.

Once in **"My Checklist"** you can either select the hyperlinked form name or **"Edit Form"**.

This will then open the beginning of the Health History & Release Form for you to complete. Select **"Let's Do This!"** to get started.



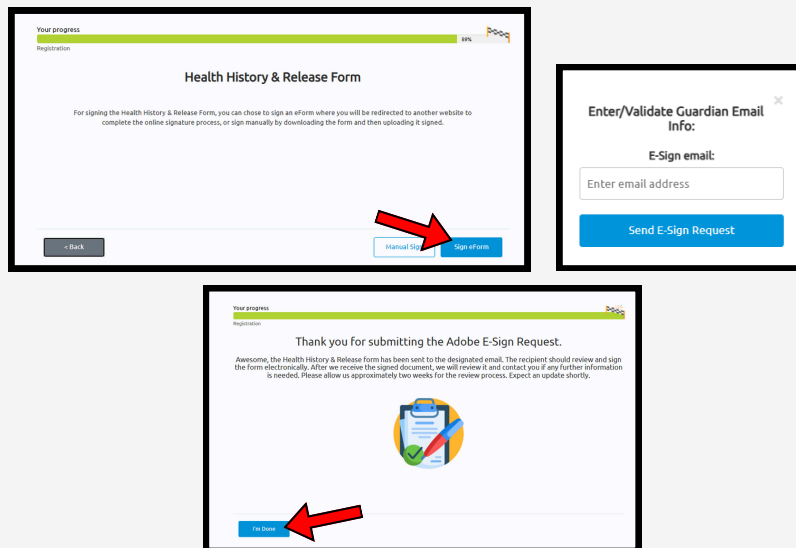
2.

After you have answered all the Health History & Release Form questions you will have the option to **"Manual Sign"** or **"Sign eForm"**.

Select **"Sign eForm"** to sign the form via adobe.

A popup will appear with your Guardian's Email, double check the email is correct and click **"Send E-Sign Request"**.

After you have sent the request the screen will update to the **"Thank you"** message.



3.

Your guardian will receive an email with a link to **"Review and Sign"** the form.

