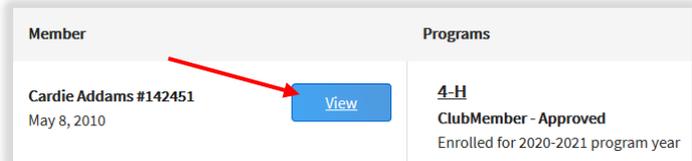


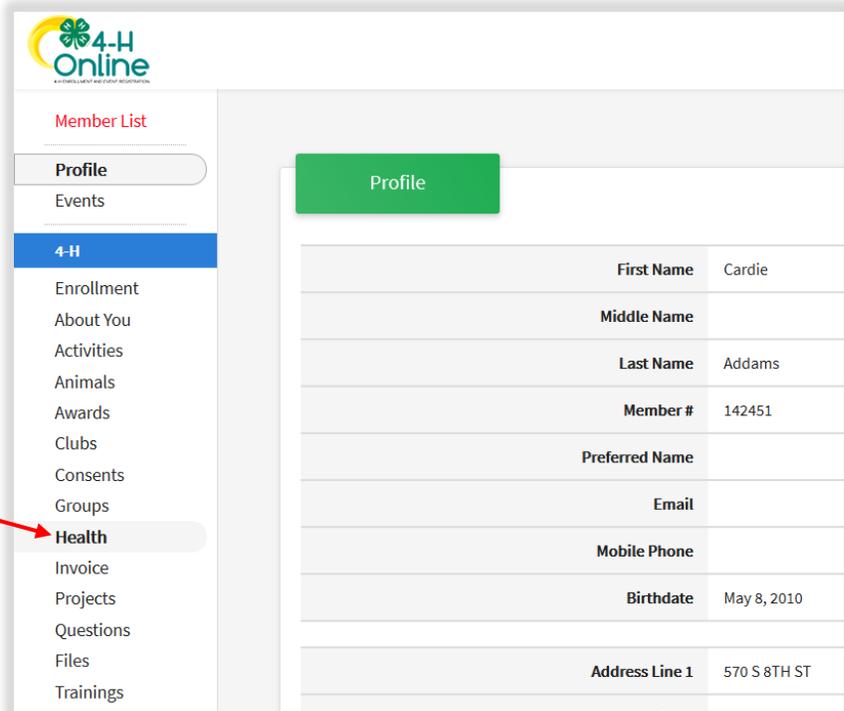
## Family Download of Health Forms

Once enrolled and “Approved” in 4-H Online, members and volunteers may download their own Health Form from the system.

1. Login to your current 4-H Online account
2. Click the [View] button next to the person whom you wish to download the Health Form.



3. Click on “Health” on the left side.



4. Click [Download] and choose a format. Note: the PDF format is more user-friendly.

