

Exploring – Updated Annual Health and Medical Record

The Learning for Life & Exploring Annual Health and Medical Record (AHMR) has been updated and is now available on [Exploring.org](https://www.scouting.org). The form was previously updated in 2014 and the changes you will see on the newly updated form are minor.

2020 will be a transitional year and we will continue to honor valid records in the old format. Advisors and Explorers will begin using the new version for their next pre-participation physical and for all new program participants. Older versions of the AHMR will be obsolete as of January 1, 2021.

For more information related to the updated AHMR visit <https://www.scouting.org/health-and-safety/ahmr/>. Please be sure to complete the AHMR fully and carefully.

Additional AHMR resources include:

Scouting Safely: <https://www.scouting.org/health-and-safety/ahmr/>

AHMR FAQs: <https://www.scouting.org/health-and-safety/ahmr/medical-formfaqs/>

Safety Moment - How to Review the AHMR: <https://www.scouting.org/health-and-safety/safety-moments/how-to-review-the-ahmr/>