

Your Medical ID - instant up-to-date information

your current medical information for your doctors or in an emergency

Provides up-to-date information when you have a doctor's appointment

Present your Medical ID at the reception window for staff to make a copy for the doctor. This is especially helpful to specialists who may not know you or have not seen you since changes have been made

Be sure to retrieve the Medical ID before you leave the office

Saves valuable time, gives vital information in a medical emergency

Present the Medical ID to the EMT's when they arrive. They will take it with them to the emergency room, where you can retrieve it after the emergency has been taken care of

Prepare a Medical ID for every member of your family

Pin a Medical ID into your child's backpack for easy identification in case of emergency. Omit your child's address and phone number, but include a parent's or guardian's contact information

Keep your Medical ID with you at all times

At home within easy access - on the refrigerator, in a caregiver's notebook, in a wallet or purse

Outside or away from home, in a wallet or purse, or backpack

Complete the entire form

Ask your Primary Physician to fill in usual blood pressure, usual heart rate, blood type, and Pacemaker type

The back of the form is your medical history. Include major medical events from childhood: accidents, falls, surgeries, pregnancies, broken bones, etc.

Record all medical conditions with prescriptions and over-the counter medications being taken

Include conditions for which there is no medication prescribed

Use only one Medical ID per person

Using just one Medical ID prevents inconsistencies or omissions

Keep the Medical ID updated

Each time a change in medication occurs, on the same day:

- Draw a line through any discontinued medication and date it.
- Enter the new medication on a new line

Download a fresh Medical ID whenever you wish

Enter the prescription number for future reference

If you are away from home and need a refill, a pharmacy can research your prescription

