

KEEP YOUR HEALTH INFORMATION AVAILABLE

It's important to share your treatment information with medical professionals who may not be part of your regular care team, such as emergency room staff. Use this helpful card to show them your treatment plan to ensure you receive the most appropriate medications and care. Keep it safe in your wallet or purse so you always have this important information nearby.

HOW TO USE THIS HELPFUL CARD



Fill it out

If there's any information you're not sure about, ask your care team.



Keep it on you

Carry the card in your wallet or purse so you always have it nearby.



Share it

Show the card to anyone providing you medical care so they know your treatment(s).

Important information about my health care

I am taking these medications:

This is treatment for: _____

My name is: _____

Prescribing doctor: _____

Doctor's phone number: _____

Consider calling my doctor before prescribing me additional medications.

If your phone or watch has a place to store health details, consider adding this information there, too.

Important information about my health care

Date of birth: _____

Blood type: _____

Allergies: _____

Emergency contact

Name: _____

Number: _____

Show this card to anyone providing medical care.