

(Carry this sheet next to your ID at all times. Fold it so that it sticks out past your ID, and on the part that sticks out, write: **MEDICAL INFO: SEE INSIDE**)

My name is (Full Legal Name - Please call me “Preferred Name”)

Date of Birth: (This is a core part of your identification in the hospital)

Allergies: (List known allergies to food, medicine or materials (e.g. latex))

Prescription Medications: (List current medications and dosages)

Relevant Supplements and OTC Drugs: (While tempting to write off as benign, some supplements and over-the-counter drugs heavily impact emergency care. Those that impact blood consistency, sedation or central nervous system function, heart function, blood pressure and electrolytes, hormone and metabolic function are especially important to disclose. These include (but are not limited to): Daily Aspirin use, daily NSAID use, high doses of fish oil, high doses of Vitamins E, B-complex, and D, garlic, ginkgo, ginseng, and turmeric, melatonin, CBD/cannabis, valerian root, kava, pseudoephedrine, high doses of magnesium, potassium, high use of energy/protein/pre-workout supplements, thyroid support supplements, DHEA, and St. John’s Wort. NOTE: standard multivitamins and occasional pain killer use does not need to be listed)

Substance Use: (This doesn’t have to be a confessional, but some recreational substances majorly impact an emergency treatment plan and treatment outcomes. Experimental or rare past use, or infrequent/social use without dependency or tolerance don’t necessarily need to be disclosed. Substances that impact pain management complexity, overdose risk, withdrawal risk, sedation response, liver function, heart rhythm, or blood pressure pose the highest risks when kept secret. Opioids, benzodiazepines (Xanax, Valium, etc.), heavy alcohol use, stimulants (cocaine, meth, Adderall misuse), and cannabis (regular use) are of highest consideration. Simple, clinical phrasing is adequate, such as Alcohol: daily (2-4 drinks). Cannabis: Regular use. Opioids: Daily use.)

Underlying Conditions: (Medical conditions of highest relevance in an emergency include heart disease, diabetes, seizure disorders, severe asthma, cancer, cognitive impairment...be sure to note any implants or devices such as pacemaker, defibrillator, or insulin pump)

Recent Surgeries or Hospitalizations: (List any surgeries or hospitalizations within the last THREE MONTHS, and try to update this regularly)

Blood Type: (Type and Rh Factor, or Unknown) Height: () Weight: ()

Donor Status: (Be explicit about what you do or not want donated. Possible donations include: kidneys, liver, lungs, heart, pancreas, intestines/small bowel, middle ear, corneas/eyes, skin, bone/cartilage, heart valves, veins/blood vessels, tendons/ligaments, hands, face, abdominal wall, stem cells, whole body for research)

Body Disposal Wishes: (Examples include embalmed burial, natural/green burial, cremation, terramation, aquamation, body donation, etc.)

Insurance: (Name of plan and policy number)

Primary Care Physician: (Name of physician, name of clinic, relevant contact information)

Emergency Contacts:

(RELATIONSHIP, DENOTE IF POWER OF ATTORNEY AND/OR EXECUTOR) – (Name, Number, Email)

(RELATIONSHIP, DENOTE IF POWER OF ATTORNEY AND/OR EXECUTOR) – (Name, Number, Email)

(RELATIONSHIP, DENOTE IF POWER OF ATTORNEY AND/OR EXECUTOR) – (Name, Number, Email)

Children: (Recommended if kids are minors, especially if they might be home alone e.g. latch-key kids)

(Name, Birth Year, Number, Email) – (If minors, name their school, maybe also social media page)

Parents: (Optional, but recommended if contacts above may not know how to reach your parents)

Mother – (Name, Number, Email)

Father - (Name, Number, Email)

Siblings: (Optional, but recommended if contacts above may not know how to reach your siblings)

(Name, Number, Email)

(Name, Number, Email)

Pets: (Name of Pet, Cat/Dog/Fish/Bird/Etc, Birth Year, Vet's name, Vet clinic name, Vet phone number)

(List who knows the animal(s)'s care routine, and who can care for pets if you/your family are not able to)

Vehicle: (Year / Make / Model), plate number (license plate)

(Important in case your vehicle was left at a parking lot or trailhead—police can track it down and get it moved to a safe place)

Carry this sheet next to your ID at all times. Fold it so that it sticks out past your ID, and on the part that sticks out, write: **MEDICAL INFO: SEE INSIDE**

(These instructions are from ChatGPT, but they've been tested for accuracy on both iPhone and Droid)

iPhone: Set up Medical ID

✅ Setup (takes ~3–5 minutes)

1. Open the Health app
 2. Tap your profile picture (top right)
 3. Tap Medical ID
 4. Tap Edit (top right)
-

👉 Fill in the high-impact fields

Focus on what we talked about:

- Medical conditions
 - Allergies
 - Medications
 - Blood type (optional but fine)
 - Emergency contacts
 - Notes (great place for things like:
 - “Blood thinner”
 - “Daily alcohol use”
 - “Steroid-dependent”
-

🔒 CRITICAL STEP (don't skip this)

Turn ON:

- “Show When Locked”

👉 This is what allows first responders to access it without your passcode.

🚑 How responders access it

From your lock screen:

1. Tap Emergency
2. Tap Medical ID

That's it. No unlocking needed.

💖 Bonus tip (small but mighty)

Add an emergency contact here.

On iPhones, this can also trigger notifications if Emergency SOS is used.

Android: Emergency Information

⚠️ Android varies slightly by manufacturer (Samsung, Pixel, etc.), but this will get you there on most phones.

✅ Setup (general path)

Option 1 (most common):

1. Open Settings
 2. Search for: “Emergency” or “Emergency Information”
 3. Tap Emergency Information or Safety & Emergency
-

Option 2 (if you don’t see it):

1. Open Contacts app
 2. Look for “My info” or “Emergency info”
-

👉 Fill in:

- Medical conditions
- Allergies
- Medications
- Blood type (optional)
- Emergency contacts

(Some Androids also allow notes or additional details)

🔒 Make sure it’s accessible

Look for options like:

- “Show on lock screen”
- “Accessible without unlock”

Turn those ON if available.

🚑 How responders access it

From lock screen:

1. Tap Emergency
2. Tap Emergency Information (or similar)