



+ Medical ID card

Print this card, fill it out and keep it in your wallet, purse or backpack. We also recommend medical bracelets.

Fill out the front with:

- Your name and birthdate
- Your blood type
- Your emergency contact's name, relationship to you, and phone number
- The hospital where you want to be treated if possible

Fill out the back with:

- Your condition
- Your medications
- Your allergies
- Your doctor's name and phone number

You can create a Medical ID on your smartphone:

- **iPhone:** Open the Health app. Tap the profile picture at top right and choose Medical ID.
- **Android:** Open the Safety app or go into Settings to add your information.

The image shows a template for a Medical ID card. It is a vertical rectangle with a grey background and a white border. The top left corner has a blue plus sign followed by the text "Medical ID card". Below this are several white input fields with black text labels: "Name", "Birthdate", "Blood type", "Call", "Preferred hospital", "Doctor contact", "Allergies", "I take", and "I have". A horizontal dotted line labeled "Fold here" is positioned between the "Preferred hospital" field and the "Doctor contact" field. Scissors icons are placed at the corners and along the fold line to indicate where to cut and fold the card.

1. Fill out the above card.
2. Cut card out around the black dotted lines.
3. Fold card in half along the center white dotted line so that it fits in your wallet.