

◆ 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:

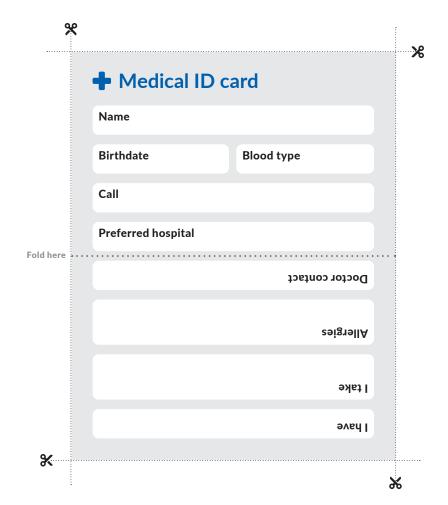
- Your name and birthdate
- Your blood type
- Your emergency contact's name, relationship to you, and phone number
- The hospital where you want to be treated if possible

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.



- 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.