

Health Information Card

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An [emergency health information card](#) is essential for first responders, offering vital medical and contact details if you're incapacitated. It should include information on disabilities, medications, allergies, communication issues, preferred treatments, medical providers, and emergency contacts.

Print and fill it out with permanent ink, and keep several copies in your emergency kit, car, wallet, purse, or wheelchair pack.

EMERGENCY HEALTH INFORMATION CARD

Carry your emergency health information card with you at all times. This gives emergency and rescue personnel the information necessary if you are unable to.

Name: _____	Emergency Contact Person: _____
Date of Birth: _____	Home Phone: _____ Cell Phone: _____
Address: _____	Doctor's Name: _____
City: _____ State: _____ Zip: _____	Phone : _____
Home Phone: _____	Doctor's Name: _____
Cell Phone: _____	Phone: _____
E-mail address: _____	Pharmacy Name: _____
Insurance/Health Plan: _____	Pharmacy Phone#: _____
Individual #: _____ Group #: _____	Pharmacy Address: _____
SPECIAL CONDITIONS: _____	
ALLERGIES: _____	
MEDICATIONS AND DOSAGES: _____	
COMMUNICATIONS/DEVICES/EQUIPMENT/OTHER: _____	