



Personal Information

Name :	Blood Type :
Address :	
Phone:	
DOB :	

Emergency Contact Information

Name :	Relationship:
Address :	
Phone:	

Secondary Emergency Contact Information

Name :	Relationship:
Address :	
Phone:	





Insurance Provider Information :

Name of Insured:	
Insurance Company:	
Member ID:	
Group ID:	
Customer Service Phone:	
Website	

Secondary Insurance Provider Information :

Name of Insured:	
Insurance Company:	
Member ID:	
Group ID:	
Customer Service Phone:	
Website	



List of all prescription medications, over-the-counter drugs, and supplements

Medication or Supplement	Dosage	Time Taken	Any special instructions for medication use (e.g., "Take with food")





Major Surgeries or Medical Prodedures

Surgery / Procedure	Date	Doctor Name	Doctor Contact

Medical Conditions

Condition	Date of Diagnosis	Doctor Name	Doctor Contact





Allergies (e.g., drug allergies, food allergies)

Preferred Emergency Room or Hospital Information

Recent Health Changes:

Any recent changes in health status or new symptoms

Important Documents and Information:

- Copies of medical records or summaries
- Living Will or Advance Directive (if applicable)
- Power of Attorney for Healthcare Decisions
- Any specific instructions for emergency responders (e.g., "Patient is non-verbal")
- Any specific needs related to mobility, communication, or other assistance
- Information on medical devices used (e.g., pacemaker, insulin pump)



Notes:





This checklist should be updated regularly and kept in an easily accessible location, both physically and digitally.