



## Health & Wellness Card

An emergency medical information card communicates to first responders what they need to know about you if they find you unconscious, incoherent, or if they need to quickly help evacuate you. An emergency health information card should contain information about disabilities, medications, equipment you use, allergies and sensitivities, communication difficulties you may have, preferred treatment and treatment-medical providers, and emergency contact.

Make multiple copies of this card to keep in emergency supply kits, go-bags, car, work, wallet and purse (behind drivers license or primary identification card) wheelchair pack, etc.

*Instructions: Complete both parts of card with a permanent ink pen. Cut out card and fold in half. The card may be laminated for protection and durability*

EMERGENCY MEDICAL INFORMATION	
Name	DOB (mm/dd/yyyy)
Address	City, State, Zip
Telephone No.	Email
Emergency Contact	Telephone No.
Alt. Emergency Contact	Telephone No.
	MORE ►

INFORMACIÓN MÉDICA DE EMERGENCIA	
Nombre	Fecha de nacimiento
Domicilio	Ciudad, estado, código postal
Núm. de teléfono	Correo electrónico
Contacto de emergencia	Núm. de teléfono
Alt. contacto de emergencia	Núm. de teléfono
	MÁS ►

Medical Conditions, Medications, Allergies	
Disability, Communication Needs	
Medical Equipment	
Primary Care Doctor	Telephone No.
<a href="http://www.PrepareKY.com">www.PrepareKY.com</a>	

Condiciones médicas, medicamentos, alergias	
Discapacidad, necesidades de comunicación	
Equipo médico	
Doctor de atención primaria	Núm. de teléfono
<a href="http://www.PrepareKY.com">www.PrepareKY.com</a>	