

Emergency Medical Sheet

Keep this on the refrigerator.
Bring it to every appointment.

Fill this in by hand. A blank line means not yet answered — it does not mean “none.”

THE PERSON

Full name

Date of birth

Blood type

ALLERGIES

drugs, foods, latex — and what the reaction is

MEDICATIONS & DOSES

Medication

Dose & when

Medication

Dose & when

Medication

Dose & when

Medication

Dose & when

Medication

Dose & when

Medication

Dose & when

MEDICAL CONDITIONS

EMERGENCY CONTACTS

Name & relationship

Phone

Name & relationship

Phone

Name & relationship

Phone

DOCTORS

Name & specialty

Phone

Name & specialty

Phone

Name & specialty

Phone

INSURANCE

Provider

Member ID

Provider

Member ID

ADVANCE DIRECTIVES

WHAT'S NORMAL FOR THEM

on an ordinary day — this is how a doctor spots what changed

Wallet cards

Cut along the dotted lines. Keep one in your wallet and give the rest to whoever else shows up — a spouse, a sibling, the aide.

EMERGENCY MEDICAL CARD

Name

Allergies

Key medications

Condition

In an emergency call

metricthatcare.com

EMERGENCY MEDICAL CARD

Name

Allergies

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WHERE THESE GO

- The sheet

On the refrigerator door, at eye level. It is the first place paramedics are trained to look.
- The cards

One in the wallet of anyone who might drive to the hospital — you, a spouse, a sibling, the aide.
- Keeping it true

When a medication or a dose changes, cross the old one out and write the new one beside it. Do not erase — when it changed is part of the record.
- If you do not know

Leave it blank. A blank line tells a clinician to ask. A guess tells them not to.