



In case of emergency, please call 9-1-1.

Please update this card regularly, present it to your healthcare provider at each visit and carry it with you at all times.

ABOUT ME

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Date of birth _____

Emergency contacts:

Name Relationship Phone number

Name Relationship Phone number

Blood type: _____ Smoker: Yes No

ABOUT MY DOCTOR

Primary Care Physician: _____

Phone: _____

ABOUT MY MEDICAL HISTORY

Surgery or Medical Condition	Date
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Know the Signs of Stroke

- Face – Ask the person to smile. Does one side of the face droop?
- Arms – Ask the person to raise both arms. Does one arm drift downward?
- Speech – Ask the person to repeat a simple phrase. Is their speech slurred or strange?
- Time – If you observe any of these signs, **call 9-1-1 immediately.**

Know the Signs of a Heart Attack “The Beginnings”

of heart attack symptoms:

- Nausea
- Pain down one or both arms
- Jaw pain
- Fatigue
- Anxiety
- Chest pressure, squeezing, discomfort
- Back pain
- Shortness of breath (with or without exertion)
- Feeling full
- Feeling of impending doom
- Heart burn, indigestion
- Breaking out in a cold sweat

To find a provider or a specialist, please call 1-888-569-1000.