

Emergency Medical Information Card

Print, fill in, cut along the dotted lines, fold — the card fits a standard wallet slot. Laminating recommended.

Update after any medication change or new diagnosis. · mymedica.me

EMERGENCY MEDICAL INFO

NAME / YEAR OF BIRTH

MEDICAL CONDITIONS

ALLERGIES + REACTION (MARK SEVERE!)

MEDICATIONS & CONTACTS

CURRENT MEDICATIONS + DOSES

EMERGENCY CONTACT 1 (NAME / RELATION / PHONE)

EMERGENCY CONTACT 2

ADDITIONAL (OPTIONAL)

BLOOD TYPE / ORGAN DONOR

PHYSICIAN (NAME / PHONE)

INSURANCE (PROVIDER / MEMBER ID)

IMPLANTS / DEVICES (PACEMAKER ETC.)

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Second card for a family member — or keep a spare in the car / with the school nurse.

Free template from mymedica.me — turn your medical documents into a one-page summary doctors read in 30 seconds.