

The one page a paramedic, a substitute caregiver, or a relative arriving from out of town should be able to find without asking. Keep it on the refrigerator and a photograph of it on every phone that matters.

Full legal name	
Date of birth	
Home address	
Primary phone	
Blood type, if known	
Preferred hospital	
Primary care doctor and phone	
Pharmacy and phone	
Health insurance and member number	
Medicare or Medicaid number	

CALL FIRST, IN THIS ORDER

	Name	Relationship	Phone
1			
2			
3			

CRITICAL TO KNOW IMMEDIATELY

Allergies, conditions a first responder must know about, and where the advance directive is kept.
