

One-page summary

Keep a copy in their wallet, on the fridge and in your bag. Update it whenever a medicine changes.

Full name

Date of birth

Address and phone

Allergies

Conditions

Current medicines			
Medicine	Dose	How often / when	What it's for

Treatment wishes

Paperwork kept at

Pharmacy

Preferred hospital

Main insurance

Emergency contact 1

Emergency contact 2

Healthcare proxy

Primary doctor

Specialist