

Here are some ideas for a Medical History to carry in your wallet.

Your full name and date of birth. Current address and phone #

Childhood problems and diseases.

Your medical insurance carrier. Your drivers license # and vehicle insurance provider and the policy #.

Your weight and height. Any known allergies (if none. say so). Your blood type if known. Your last flu shot (approx. date) and same for tetanus shot.

Any known adult problems, syndromes, chronic problems, broken bones, car wrecks with injuries etc.

If you smoke, tell how much. If you quit, say when. Same with frequent use of other drugs that may interact with anything given in an ER in an emergency. Many will when you don't think they should.

List any recent surgeries or uncommon trips to the ER.

List all regularly taken drugs including vitamins and supplements (e.g. fish oil, and glucosamine). You should include the pill strength and how many times a day you take them. Be specific. (I take glucosamine 1500mg twice daily.)

Give some contact phone numbers. Include cell phone #'s if you have them.

Give permission to medical personal to treat you if you are in an accident and are unable to speak for yourself. Be sure to sign this paper when finished.

Your information can be typed with a small font and put on a half sheet of paper. This can then be folded small and you can write your name and medical info on the outside. Judy & Don and Marty & I carry each other's info as well as our own. We have also used this info already. When Judy went to the ER for terrible pain, Don pulled out his wallet and had all her info. When I went to the ER because my finger got drilled, Marty did the same. They actually take a photocopy and hand it back. Good to have!!