

— FREE QUICK-START • FAMILY RECORDS

The Emergency *Wallet* Medical ID

Two fold-over wallet cards for allergies, medicines, conditions, implants and contacts, plus your phone lock-screen Medical ID.



2

WALLET CARDS

5

KEY FACTS

1

PHONE ID

1

YEARLY REVIEW

FAMILY RECORDS • FREE WALLET CARD

The Emergency Wallet Medical ID

Two credit-card-size cards for your conditions, allergies, medicines, implants and two emergency contacts, plus step-by-step setup of your phone's lock-screen Medical ID, for the moments you cannot speak for yourself.

2 CARDS wallet and bag	5 FACTS that change emergency care	1 PHONE ID visible when locked	1 REVIEW every birthday
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How to use this card

FIFTEEN MINUTES

STEP 1 Fill in both cards On screen or in ballpoint ink. Medicines by generic name with the dose; allergies with the reaction.	STEP 2 Cut, fold, protect Cut along the outline, fold the two sides together and slip it into a card sleeve, or laminate it.	STEP 3 Set up your phone Copy the same facts into your phone's Medical ID and turn on "Show when locked". It takes five minutes.	STEP 4 Update on any change A new medicine, allergy or condition means a new card. Review it on your birthday.
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The First Minutes

3 SOURCES

In an emergency you may not be able to speak, and the people helping you work with whatever they can find in the first minutes. A wallet card and a phone Medical ID put the facts that change emergency care in their hands right away: allergies, blood thinners and other key medicines, conditions, implants and who to call.

Allergies and blood thinners go first. A serious drug allergy and an anticoagulant are two of the facts most likely to change what happens in the first hour. They go at the top of the card, in plain words.

Lists are often wrong. When people are admitted to hospital, more than half have at least one unintended difference between the medicines they take and the medicines recorded. A dated card you keep current closes that gap.

Two copies, two places. One card in the wallet, one in the bag or on the fridge, and the same facts in your phone's lock-screen Medical ID, which responders can open without your passcode.

THE EVIDENCE BEHIND IT

CORNISH ET AL., ARCH INTERN MED 2005

54% of patients admitted to hospital had at least one unintended medication discrepancy.

APPLE SUPPORT: SET UP YOUR MEDICAL ID

iPhone can show your Medical ID from the lock screen, without the passcode, and share it with emergency services.

GOOGLE ANDROID HELP: EMERGENCY INFORMATION

Android phones can show medical information and emergency contacts on the lock screen.

A CARD IS NOT A SUBSTITUTE FOR A MEDICAL ALERT BRACELET

If you have a condition that can leave you unable to speak without warning (type 1 diabetes, epilepsy, adrenal insufficiency, a severe allergy, a pacemaker or a blood thinner), ask your doctor whether you should also wear a medical ID bracelet or necklace; responders look for those first.

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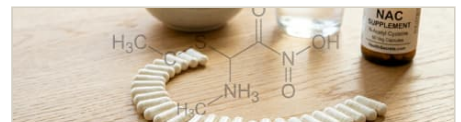


IMMUNE SYSTEM

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Write medicines by generic name with the dose (for example "apixaban 5 mg twice a day"). Write "none known" rather than leaving allergies blank. Print at 100% (actual size) so the cards fit a wallet.

MEDICAL ID • CARD 1		MEDICINES • CONTACTS	
NAME		MEDICINES	
DATE OF BIRTH			
ALLERGIES			
REACTION		IMPLANTS	
BLOOD THINNER		CALL 1	
CONDITIONS		CALL 2	
		DOCTOR • DATE	

Cut along the dashed outline and fold on the center line. Each side is 3.375 × 2.125 in, the size of a credit card.

MEDICAL ID • CARD 2		MEDICINES • CONTACTS	
NAME		MEDICINES	
DATE OF BIRTH			
ALLERGIES			
REACTION		IMPLANTS	
BLOOD THINNER		CALL 1	
CONDITIONS		CALL 2	
		DOCTOR • DATE	

Cut along the dashed outline and fold on the center line. Each side is 3.375 × 2.125 in, the size of a credit card.

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FREE QUIZ

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FREE QUIZ

Nutrition Fundamentals: Beyond the Basics

HealthSecrets THE EMERGENCY WALLET MEDICAL ID

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Set Up the Lock-Screen Medical ID

COUNTS ITSELF

iPhone	Open the Health app, tap your profile picture, then Medical ID, then Edit. Fill in conditions, medications, allergies and emergency contacts; turn on "Show When Locked" and "Share During Emergency Call". Tap Done.
Android (most phones)	Open Settings, then Safety & emergency (or Emergency information). Add medical information and emergency contacts, and allow them on the lock screen. Menu names vary by maker.
Test it	Lock the phone, tap Emergency (or swipe up for Emergency), and check that Medical ID or Emergency information opens without your passcode.

DONE

☐ Both cards filled in and dated

☐ Cards cut out and protected (sleeve or laminate)

☐ Phone Medical ID set up and visible when locked

☐ Both emergency contacts told they are listed

☐ Review date written on the card and in the calendar

STEPS DONE

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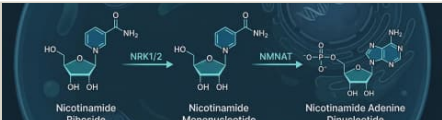
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HealthSecrets THE EMERGENCY WALLET MEDICAL ID

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From One Card to the Whole Family

This card covers one person in an emergency. **The Family Health Records Vault** keeps the full picture for the whole household: a dossier for each person, caregiver cards, a three-generation family history and an inventory of the documents that matter.

A dossier for each of six family members
profile, medicines, allergies, hospital history, immunizations, screening and a visit log, with BMI and blood-pressure averages.

Caregiver handoff cards
what a sitter, teacher or neighbor needs to act in the first ten minutes, with consent wording.

A three-generation family tree
and twelve family patterns that change your screening schedule.

The directives inventory
living will, healthcare proxy, POLST and where every original lives.

THIS FREE CARD

- ✓ A wallet card and phone Medical ID for one person
- ✓ The facts that change emergency care
- ✓ Copies in wallet, home and phone

THE VAULT ADDS

- ✓ Full dossiers for up to six family members
- ✓ Caregiver handoff cards and an emergency page
- ✓ Family history that shapes your screening plan
- ✓ Records requests, schedules and an annual review

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SEE THE RECORDS VAULT →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM	
Cornish PL, et al. Arch Intern Med 2005;165:424–9	Medication discrepancies at hospital admission.
Apple Support. Set up and view your Medical ID on iPhone	iPhone lock-screen Medical ID.
Google. Android Help: add emergency information	Android lock-screen emergency information.

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 THE EMERGENCY WALLET MEDICAL ID

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TODAY

Card in the wallet. *Medical ID on the phone.*

01 • FILL

Allergies and blood thinners first.

02 • CARRY

One card in the wallet, one in the bag.

03 • GO FURTHER

The vault covers the whole household.

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MEDICINES

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Learn which supplements and medications should never be combined. Evidence-based guide to calcium-iron, zinc-...

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Think you can spot health misinformation? Most people get at least half of these wrong.

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Nutrient Deficiency Testing: What to Test and Why

Nutrient deficiency testing reveals hidden gaps in your vitamin and mineral levels that standard bloodwork often misses.

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TESTING

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SAFETY

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Are supplements safe? Learn about FDA regulation gaps, contamination risks, dangerous interactions, megadosing...

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FREE TOOL

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LAB TESTS

Immune System Testing Guide | Markers & Methods

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HABITS

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