

CLINICAL TOOLS · FREE WALLET CARD

The Emergency Wallet Medical ID

Two cut-to-size CR-80 cards carrying your conditions, allergies, medications, implants and two emergency contacts — plus the exact text to copy into your phone's lock-screen medical ID, for the moments you cannot speak for yourself.

- 2 cut-out CR-80 cards
- Phone-lock medical ID text
- Allergies and meds up front
- Two emergency contacts
- 2-page A4 printable PDF

CLINICAL RATIONALE — WHY THIS SPECIFIC TOOL

In an emergency you may be unable to speak, and the people treating you will act on whatever they can find in the first minutes. A wallet card and a phone-lock ID put the five facts that change treatment — conditions, allergies, medications, implants, contacts — in their hands immediately.

Allergies and anticoagulants are the load-bearing lines. A drug allergy and a blood thinner are the two facts most likely to change an emergency decision. They go at the top of the card, in plain words.

Two copies, two places. One card in the wallet, one in the bag or on the fridge; the same five facts mirrored in your phone's lock-screen medical ID. Redundancy is the system.

AUTHORITY / EVIDENCE BASE	WHAT IT ESTABLISHES FOR THIS TOOL
Emergency-medicine practice	First-minute decisions rely on immediately available history; carried medical ID supplies it when the patient cannot.
Smartphone medical-ID guidance	iOS and Android both ship a lock-screen emergency/medical ID precisely for this purpose.

QUICK START — THE NEXT TEN MINUTES

- 1

Fill both cards in ink
Use a ballpoint so it survives a wallet. Laminate if you can; a sleeve works.
- 2

Copy the phone-lock text
Paste the five facts into your phone's medical ID today; it takes two minutes.
- 3

Update on any change
A new medication, allergy or diagnosis means a new card. Review each birthday.

CUT ALONG THE DASHED LINES — CR-80 WALLET SIZE

EMERGENCY — READ THIS CARD1 OF 2

Name

BornBlood

Conditions

Allergies

Medications

Implants / devices

ICE 1phone

ICE 2phone

EMERGENCY — READ THIS CARD2 OF 2

Name

BornBlood

Conditions

Allergies

Medications

Implants / devices

ICE 1phone

ICE 2phone

COPY THIS INTO YOUR PHONE'S LOCK-SCREEN MEDICAL ID

MEDICAL ID — see wallet card. Conditions: ____ · Allergies: ____ · Medications: ____ · Implants: ____ · ICE: ____ (phone), ____ (phone).
Blood group: _____. If found, please call the first number.

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Ready for the Complete Step-by-Step Blueprint?

This wallet card gives you the immediate tools to take action today. But long-term health requires a complete, structured daily system — one that tells you **what to do on the days this sheet does not cover**, in what order, and how to adjust when your body does not respond the way the chart says it should.

HEALTH SECRETS

Family Health Records Vault

A private, offline paper dossier for up to six family members: histories, medications, caregivers, pedigree and directives.

Household Binder Series · 52 pages · A4 print + fillable

Family Health Records Vault

A private, offline, HIPAA-aligned paper binder organizing records for up to 6 family members.

52 pages

Master Family Dossier

Household Binder Series

\$29 one-time

WHAT IS INSIDE THE FULL EDITION

- 1 Six individual family dossiers** — a complete offline record for up to six people: history, medications, labs and clinicians.
- 1 Caregiver emergency handoff cards** — what a sitter, teacher or neighbour needs to act in the first ten minutes.
- 1 A three-generation pedigree chart** — the family history that changes your screening schedule, drawn once.
- 1 The directives inventory** — where every advance directive, proxy and policy lives, in one index.

THIS FREE TOOL VERSUS THE COMPLETE SYSTEM

What this free wallet card already gives you

- ☐ A wallet card and phone-lock ID for one person
- ☐ The five facts that change emergency treatment
- ☐ Two-copy redundancy in wallet, home and phone

What only the 52-page edition has

- ☐ Full dossiers for up to six family members
- ☐ Caregiver handoff cards for people who are not you
- ☐ The pedigree chart that reshapes your screening plan
- ☐ A directives and records index the whole family can use

Get the Complete Guide

AT [HEALTHSECRETS.COM/PRODUCTS/FAMILY-HEALTH-RECORDS-VAULT](https://healthsecrets.com/products/family-health-records-vault)

<https://healthsecrets.com/products/family-health-records-vault>

READER-ONLY COUPON

READER20

Use code **READER20** for 20% off your full guide at checkout.

A4 print + fillable

Cut, laminate, carry. The phone-lock text copies in two minutes.

Privacy-first

An offline paper record you control; nothing is uploaded anywhere.

One-time payment

\$29 once, no subscription, instant download after checkout.

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