

Basic Medical & Contact Information

Personal Information

Full Legal Name:	Date of Birth:
Address:	Blood Type:
Email:	Phone:

Emergency Contact

Name:	Phone:
Relationship:	

Insurance

Primary Provider:	Phone:
ID #:	<i>(on the back of the card)</i>
Supplemental Insurance:	Phone:

Remember to take Medicare card to first visit with a new physician

Physician, Hospital, and Pharmacy

Primary Care Doctor:	Phone:
Address:	

Pharmacy:	Phone:
Address:	

Hospital:	Phone:
Address:	

Other Doctor:	Phone:
Address:	

Location of Medical & Legal Documents

(Medical Power of Attorney and/or Directive to Physicians, Living Will, DNR etc.) Take to Hospital if available:
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Medical History

Chronic Conditions & Medical History, i.e. Diabetes, Seizure Disorder, etc. and year diagnosed.
Allergies and known reactions to medications
Hospitalizations, procedures, and surgeries, (include date and where procedure was performed)
Medical Implants & Devices (year inserted)
Immunizations & Shots, i.e., Flu shots, Hepatitis, Pneumococcal, Shingles, Tuberculosis, Covid, etc.
Family history (parents, siblings), i.e., Asthma, Heart Disease, Dementia, Diabetes, Cancer, etc.
Notes, sleep habits, patient preferences, i.e., night-owl/only sleeps 6 hours daily, dislikes fish
Personal Habits, i.e., smoking (amount), alcohol consumption (amount), drug use (amount), exercise, meditation.

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Instructions

1. One form per family member. Attach a photo if there are multiple people living in the home or a possibility of confusion.
2. Attach a copy of the individual's medication log.
 - a. Visit <https://familycaregiversonline.net/free-medication-log-templates/> for a FREE downloadable form.
3. Update as information changes, especially medications, doctors, and insurance information.
4. The individual, caregivers, and family members need to keep a copy with them at all times.
5. Store the completed checklist and copies of documents such as medical powers of attorney, wills, and other important documents in a clearly labeled large medicine vial, envelope, or storage/freezer ziplock bag.
6. Compile all this information in one place to simplify access to health and human services when you need them.
7. Rescue workers often look in the kitchen on or inside refrigerators/freezers for important information.
 - a. If storing info inside your refrigerator/freezer place a label on the outside that says, "Important Medical Information Inside"
 - b. Inform family members, home health aides, and others who may need to have access to the information where they can find it.



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