



On your mobile phone, you can input your emergency contact information and any important information emergency teams would need to know about your health. Emergency medical professionals can access the app (without a password) in the event of an emergency and you have your phone with you. You can learn more by researching “how to load emergency contacts” with any mobile phone provider.

Cut it out, fold it and carry it with you as needed or place/post it in easy to access locations.

EMERGENCY CONTACT CARD	
My Name: _____	
Date of Birth: _____	
Name of Physician: _____	
Physician Phone: _____	
Preferred Hospital: _____	
Advance Directives and/or POLST location: _____	
Agent Phone: _____	
Health Care Agent Name: (DPOA for Health Care): _____	
EMERGENCY CONTACT CARD	