

## **Emergency Contact Information**

In the event of a medical emergency outside a hospital where you can't communicate, it is helpful to have a way for emergency medical teams to understand your wishes. You can do this via a contact card you carry with you, on your mobile device, or by wearing a medical alert bracelt or necklace.

You can indicate who you'd want to communicate for you if you are unable, what hospital you would prefer going to (if there is a choice), and where your Advance Directives or Portable Orders for Life-Sustaining Treatment can be located.

The emergency contact card below can be put in your wallet, backpack, pocket, glove compartment of your car, sports bag, etc.

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 be researching "how to load emergency contacts" with any mobile phone provider.



Fill in the necessary information on the contact card below.



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:
Agent Phone: Agent Phone:
Health Care Agent Name: (DPOA for Health Care):
EMERGENCY CONTACT CARD

EMERGENCY CONTACT CARD
My Name:
Date of Birth:
Name of Physician:
Physician Phone:
Preferred Hospital:
Agent Phone: Advance Directives and/or POLST location: