

CUT ON THE SOLID BORDER. FOLD ON THE DASHED LINES. KEEP THE RED EMERGENCY PANEL ON THE OUTSIDE.

SynquUp™ Your Linkage to Care. EMERGENCY MEDICAL INFO		MEDICAL ALERTS	CARE TEAM & FULL RECORD
FULL NAME 		ALLERGIES AND THE REACTION (E.G., PENICILLIN: HIVES, THROAT SWELLING) 	PRIMARY DOCTOR: NAME / PHONE
DATE OF BIRTH 	CARD LAST UPDATED 	MEDICAL CONDITIONS 	PREFERRED HOSPITAL
EMERGENCY CONTACT: NAME / PHONE 		HIGH-RISK MEDICINES (BLOOD THINNER, INSULIN, SEIZURE, STEROID...) 	BACKUP EMERGENCY CONTACT: NAME / PHONE
HEALTH CARE AGENT (DECISION-MAKER): NAME / PHONE 		DEVICES / IMPLANTS (PACEMAKER, PORT, STENT, PUMP...) 	FULL SUMMARY / BINDER LOCATED AT
An emergency contact is not a decision-maker. See my health care agent above.		Blank does not mean none. Write "none known" if that is true.	☐ Medical ID / emergency info is on my phone Not a full medicine list or a medical order.

Print, cut, and fold

1. Fill in on screen, save, then reopen to check your entries.
2. Print one-sided on Letter paper, landscape, at **Actual size / 100%** (not "Fit to page").
3. Check the 1-inch line below with a ruler, then cut the solid border and fold at both dashed lines. Folded size: 3.5 × 2.25 in (8.9 × 5.7 cm).

1 inch / 2.54 cm

PUT IT ON YOUR PHONE TOO

iPhone: Health app › tap your profile picture › Medical ID › Edit, then turn on **Show When Locked**.¹ **Android:** Safety app › Your info › Medical information; then Emergency info access › **Show when locked**.² Steps vary by phone model and software version.

✓ Keep the full story close by

- ☐ A dated medicine list is folded behind this card.³
☐ My emergency medical summary is on the fridge, where responders often look.³
☐ Two people know where my binder and documents are kept.³
- ☐ If I have a POLST, it is on the fridge too.⁴
☐ My health care agent has a copy of my directive.³
☐ I update this card whenever a medicine, allergy, or contact changes.

Want to go further? The SynquUp™ Emergency Life Binder by Chuck Kinney includes full emergency medical summary pages and a fridge sign for responders. Free tools: chuckkinney.com/free

TRU-TIP • Write the reaction, not just the allergy

"Allergic to penicillin" is less useful than "penicillin: hives and throat swelling." The reaction tells a clinician how serious it is. Include bad reactions to medicines that are not true allergies, like a problem with sedation.³

TRU-TIP • Same facts in three places

Wallet card, the summary on your fridge, and your phone's Medical ID should match. When a medicine or contact changes, update all three and write the new date.³