

Emergency Medical Summary

FULL LEGAL NAME		DATE OF BIRTH	SEX	BLOOD TYPE	UPDATED
HEIGHT / WEIGHT	ORGAN DONOR	CELL PHONE	PREFERRED LANGUAGE	FULL RECORDS / BINDER LOCATED AT	

CODE STATUS • IF MY HEART OR BREATHING STOPS

☐ Full code ☐ DNR ☐ DNI ☐ Comfort care ☐ Not decided

POLST / DNR form on file? ☐ Yes ☐ No Where:

Health care agent / phone:

Not a medical order. A signed POLST or DNR order guides EMS; rules vary by state.⁵

Fall risk: ☐ Low ☐ Moderate ☐ High

BASELINE: HOW I NORMALLY THINK, TALK, AND MOVE

COMMUNICATION NEEDS (I CAN ASK FOR A FREE INTERPRETER⁶)

☐ Interpreter ☐ Hearing ☐ Vision ☐ Memory ☐ Speech

1 Immediate medical alerts · show EMS / ED / procedural staff

Alert (condition, risk, or device)	What staff should know or do
Medical devices / implants (pacemaker, port, pump...)	

2 Allergies and reactions

☐ No known drug allergies (checked with my care team)

Medicine, food, or material	What happened	Allergy or side effect?	How serious

3 Current medications

*High-risk = blood thinner, insulin, chemo, opioid, or immune-lowering drug. Write "Y."¹

[illegible]

NAME	DATE OF BIRTH	UPDATED

4 Emergency contacts and authorized support

Name	Relationship / role	Phone	Other phone

BACKUP HEALTH CARE AGENT / PHONE	PET CARE (NAME / PHONE)	CHILD OR DEPENDENT CARE (NAME / PHONE)

TRU-TIP • An emergency contact is not a decision-maker

Listing someone as your emergency contact lets the hospital call them. It does not let them make medical decisions for you. Only a health care agent you name in writing (also called a proxy) can do that, and rules vary by state.^{2,4} Name one, give them a copy, and write their name on page 1.

5 Insurance

PRIMARY INSURANCE	POLICY HOLDER	MEMBER ID	GROUP
ISSUER	PAYER ID	MEMBER SERVICES PHONE	SECONDARY INSURANCE

6 Hospitals, pharmacy, and care preferences

PREFERRED HOSPITAL	PREFERRED ER	HOSPITAL TO AVOID, AND WHY
PREFERRED PHARMACY / PHONE	PRIMARY CARE PROVIDER / PHONE	AFTER-HOURS LINE (DOCTOR OR NURSE LINE)
HOME ADDRESS	DISPOSITION PREFERENCE	
ADVANCE DIRECTIVE / POLST COPY LOCATED AT	MEDICAL ID SET UP ON MY PHONE?	
COMMUNICATION / SAFETY NOTES (KEY SAFE, STAIRS, OXYGEN IN HOME, PETS, WHAT CALMS ME)		

TRU-TIP • Where EMS looks first

Many EMS crews check the refrigerator first, so keep a printed copy on or near the fridge, in the same place every time, and tell the people close to you where it is.² Also add your key facts to your phone so responders can see them from the lock screen: on iPhone, the Health app Medical ID with “Show When Locked” on; on Android, the Safety app under Your info, Medical information (shown as emergency info on the lock screen).³

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

“Allergic to penicillin” is less useful than “penicillin: hives and throat swelling, 2019.” A reaction that is written down travels across shift changes and hospitals; a spoken one often gets lost. Confirm it at every visit where it matters.²

7 Keep it current and findable

- ☐ A printed copy is on or near my refrigerator, in the same spot every time.²
☐ My phone's Medical ID or emergency info is filled in and shows when locked.³
- ☐ My health care agent and emergency contacts have a copy and know where the binder is.
 ☐ I update this page whenever a medicine, diagnosis, or contact changes, and bring a copy to every ER visit.
- ☐ I review the medication list at least every six months.²

Medical History, Providers & Preventive Care

NAME	DATE OF BIRTH	UPDATED

8 Active and relevant medical history (with ICD-10 code and dates)

Diagnosis	ICD-10	Date(s)	Diagnosis	ICD-10	Date(s)

9 Healthcare providers and significant history

Specialty / role	Provider / facility	Phone	Date	Procedure / significant event

10 Immunizations and immunity

Vaccine / immunity	Dates / status	Vaccine / immunity	Dates / status

11 Preventive care and health maintenance

Item	Status / date	Item	Status / date

Note for clinicians: This patient-prepared summary is intended to improve emergency response, care coordination, and EHR documentation. Clinicians should reconcile medications, allergies, diagnoses, and any later changes against the current medical record.

Want to go further? The SynquUp™ Emergency Life Binder keeps your full medical, legal, and contact records together in one place, including code status, decision-makers, and document locations. Free tools: chuckkinney.com/free