

Emergency Health Packet

Keep a folder* with these items in case you are rushed to a hospital.

- **1- Cover Sheet-** for each person— your name , address, phone number, hospital preference
- **2- Emergency Contacts-** your name on top of form, their address & phone – one for each person if you are a couple.
- **3- Medication sheet-** Most current medications, Primary Care Physician information, hospital preference, Date of Birth, medical information and allergies.
- **4- Insurance-** “Supplemental Insurance Form” completed. One for each person in the household. A clear copy of insurance cards- Medicare, Supplemental Insurance and Prescription Drug cards—front and back of each card, one page for each—as some cards change.
- **5- Advance Directives-** Health Care Proxy, Living Will, DNR etc. Some of these papers can be from their own lawyers. Copies only — since you always keep the originals.
- **6- MOLST Forms** (a bright Pink form): This form travels with you to the hospital - is also placed in this emergency packet folder and kept in the inside door of a kitchen cabinet.