

Emergency Contact Card

Instructions: Fill out and carry this card with you, to make it more likely for emergency personnel to access your support team of medical and legal proxies and advocates. Put it in your wallet immediately behind your driver's license or ID card. Be sure to update your card by printing and filling out a new one whenever your primary information changes. Enter critical information about allergies and medical conditions emergency personnel need to know on the blank (back) side of the card.

1. Print Emergency Contact Card on paper or card stock.
2. Cut out the card along the dashed line.
3. Fill out the five sections (marked in pale blue and in white) with names and phone numbers.
4. Laminate the card to better preserve it. (Optional)
5. Put the card in your wallet, immediately behind your driver's license so that it will be visible if your license is pulled in a search for ID and information.

EMERGENCY INFORMATION	
<i>See Additional Information on Back of Card</i>	
NAME:	
Emergency Contact/Phone	
Health Care Rep/Phone	
Durable Power Atty/Phone	
Primary Care MD/Phone	
<i>Windhorse Legal, PLLC 617.991.8905</i>	