

Wallet Emergency Medical Card

Carry a compact card for emergency contacts, allergies, medications, doctor/pharmacy contacts, and where fuller records are kept.

Card front

Name / preferred name

Emergency contact 1

Emergency contact 2

Allergies

Medications

Last updated date

Card back

Important conditions

Doctor / clinic

Pharmacy

Medical ID location

Full record location

Digital backup note

Keep compact

☐ Avoid extra sensitive details

☐ Use current labels

☐ Point to fuller records

☐ Replace old copies

☐ Keep print readable

☐ Review after changes

Handoff notes

Who to call first

Where records are kept

Phone emergency contact

Wallet / purse / bag location

Privacy note

Update reminder

Important note

Organization and preparedness only. Not medical or legal advice. Does not replace 911, EMS, clinicians, medication labels, medical records, medical IDs, care plans, patient portals, legal documents, or professional guidance.

More free emergency sheets: YourEMR.net/free-emergency-face-sheet

Create a free emergency profile at YourEMR.net

QR opens YourEMR free resources, not a personal emergency profile.

