
FILE OF LIFE®

*A personal medical home file
prepared for emergency first responders*

Instructions for using the FILE OF LIFE®

- Fill out the medical card and be sure the information is accurate and legible. If necessary, have someone assist you.
- Use pencil where you fill in the medications and where you date the card to allow future updates.
- When completed, place the file on the outside face of your refrigerator.
- Keep all medical data up to date.
- Whenever there is a change in medications or dosage be sure to change it on your card and redate the card.
- Take the file with you when you visit your doctor.

What FILE OF LIFE means



Benefits to first responders

- Faster help for citizens in emergencies.
- Instantly know medical history of patient.
- Corrective treatment can begin at once.

Benefits to hospital emergency staff

- On arrival, data is immediately available to medical staff.
- No wasted time getting information from confused patient.

Benefits to each individual

- Peace of mind knowing they will have prompt and quality care.
- Easy access to potentially life-saving information.
- Assurance that proper persons will be notified quickly.



Member
National
Sheriff's
Association

Member
National
Council
on
Aging

