

## Emergency Card

### How To Checklist

An Emergency Card is a document which allows you to list your personal medical information, emergency contacts, and other details so that this information is readily accessible for first responders if you are ever in an emergency situation. It provides all of the information doctors might need to diagnose and treat you properly, without overlooking any important medical information. We understand that planning your estate can seem like a difficult process, but with Gentreo it is easy and affordable.

To help guide you through the process even further, we have provided you with a step-by-step guide to help assist you through everything involved in preparing your Emergency Card.

#### Before You Start:

1. Collect your emergency contact's name and information, your insurance name and policy number, primary health care provider, etc.
2. Create a list of important medications and allergy information, and your blood type



#### **Add Your Emergency Contact(s)**

Add any emergency contact that you want to include on your emergency card. It is important that all of this information is current and accurate to ensure that your emergency contacts can be reached if needed. You can add emergency contacts by clicking the “+” button at the bottom of the list.



#### **List Your Health Insurance Information**

Here you can add your insurance information so that it is readily available in the event of an emergency. All that is required in this section is your insurance provider and policy number, so that medical professionals can access your insurance if you were ever unable to communicate that information yourself.



#### **List Your Medications (if applicable)**

In this section you can list any medications that you are taking, as well as the dosage. This information can be crucial for health care providers, as medication can drastically change the types of treatment you may need to receive in the event of an emergency. You can list however many medications that you need, and can add another medication to the list by clicking the “Add More” button at the bottom of the screen.



#### **Note Any Medical Conditions or Allergies, as well as Your Blood Type, and Organ Donor Status**

The next questions that you need to answer have to do with your personal health information. If you have any previous medical conditions or allergies, they should be listed in the appropriate sections. After these questions, you want to provide your blood type, as well as your organ donor status. Detailing all of this information provides health care workers with vital information that can change the types of treatment you receive, and how quickly you receive them.



#### **Include Your Primary Care Physician's (PCP) Information**

If you have a regular Primary Care Physician, you can add their contact information to your Emergency Card as well. It is important that all of this information is current and accurate to ensure that they can be reached if you were ever in an emergency.



### Note Any Religious Preferences

If you have any religious preference with regard to your care in an emergency situation, you can list it in this section so that it will be included in your Emergency Card. Some religious beliefs may have medical preferences that need to be followed, and if you would like your preferences to be known and taken into account in your medical treatment, it needs to be included.



### List Your Current Estate Plan Documentation and Access

If you have prepared estate documents, such as a Will or Power of Attorney, you can specify on your Emergency Card that they are available. Once you have listed what documentation you have available, you can specify who has access to it and provide their contact information. This allows health care providers to reach out and access this documentation if you were ever in an emergency which required use of your estate plan.



### Use Your Emergency Card

**1. Print your document.** Upon completion of your Emergency Card information, you should download, print, and follow our instructions to cut it out and store it in your wallet or purse.

**2. Upload the completed card to your Gentreo Digital Family Vault.** Uploading your Emergency Card to the Gentreo Digital Family Vault allows you to access, edit, and share your document any time, and ensures that it is ready when you need it most. With the Gentreo Digital Family Vault, everyone knows where to turn in the event of an emergency and instant access is always just a few clicks away.

**3. Share your Emergency Card with loved ones.** By providing your loved ones with access to your Emergency Card through your Gentreo Digital Family Vault, you ensure that they have instant access in the event of an emergency. You wouldn't want to put yourself or your health at risk because your family cannot access the necessary documentation.

**4. Update your documents as needed, when life circumstances change, live events happen, or laws in your state change.** Gentreo is with you every step of the way.

**Congratulations, you have completed your Emergency Card!**