Health Information

Fill out this form and save to a flash drive, computer or the cloud. You can also print and put a copy in your Go Bag.



Family Member 1

Name	
Birthdate	
Gender	
Blood Type	
Medic Alert ID	
Known Allergies (medicine, food or other)	
Mobility Devices	
Medical Equipment Required	

Medicine Record Family Member 1

Medicine Name	Strength	Dose (how many pills, puff, drops per dose)	Dose information (when & how many times a day)	General reason for taking it

Family Member 2

Name	
Birthdate	
Gender	
Blood Type	
Medic Alert ID	
Known Allergies (medicine, food or other)	
Mobility Devices	
Medical Equipment Required	

Medicine Record Family Member 2

Medicine Name	Strength	Dose (how many pills, puff, drops per dose)	Dose information (when & how many times a day)	General reason for taking it

To add more family members, fill out the form and save it under a different name in your computer, cloud account or online file sharing, flash drive or print and put in your Go Bag.