28 SQUARE INCHES THAT COULD SAVE YOUR LIFE!

Why you should fill out and keep this card with you at all times...

Having a thorough record of medical information at hand can be a lifesaver. That's why the healthcare professionals at KVCH encourage you to completely fill out this form.

- **ALWAYS KEEP THIS FORM WITH YOU.** Keep it in your purse or wallet for easy availability.
- **Write down ALL medications you are taking, including over-the-counter, vitamins and herbals.**
- **Take this form with you to ALL doctor visits, medical tests and hospital visits.**
- **Write down ALL changes made to your medications.** If you stop taking any medication simply draw a line through it and include the date it was stopped.

Have Questions?

Call Patient Care Services Administration
at 509-962-7319

KVCH

KITTITAS VALLEY COMMUNITY HOSPITAL

Exceptional Community Healthcare

509-962-9841 ■ www.kvch.com

603 S. Chestnut Street ■ Ellensburg, WA

Cut along dotted line and fold twice to business card size so that upper panels face out.

KVCH

HEALTH CARE CARD

Emergency Contacts:

Name:

Phone:

Name:

Phone:

Name:

Phone:

Tetanus Shot? Y / N Date:

Flu Shot? Y / N Date:

Pneumonia shot? Y / N Date:

HgA1c: Date:

Name:

Address

Phone:

Primary Physician:

Phone:

Allergies:

Implantable devices
(list where & when):

List of all medications, vitamins & herbal supplements: Dosage

Other notes or medical problems: