

Keeping these items in your wallet or purse can save your life!

In an emergency situation the paramedics or emergency room physicians may ask a family member or caregiver for an updated version of your medications and if you have any allergies. This information is critical for proper care and the any seconds or minutes not spent finding out this information can be used saving your life!



Imagine you're incapacitated and the doctor gives you a medication to help your situation, however the interaction between this new medicine and your daily medication interacts in a way that takes your situation from bad to worse.

- Create a list of all medications you are taking. Don't forget vitamins, over-the-counter medicines, and herbal supplements.
- The list should include the name of the medication, the dose, and the number of times a day you have to take it.
- Include information about how to take the medication (with or without food, as a pill, as a shot).
- Include information about any allergies.
- Share the list with close friends, family, and caregivers.
- Keep the list handy in case of an emergency (purse, wallet, car, and work).
- Update the list as needed.
- Include your blood type, primary care doctor's name and phone number.

This information can also be helpful in non-emergency situations such as during an appointment with a new doctor or specialist, a new pharmacy, or when you are choosing your Medicare Prescription Drug insurance!



**New
Jersey
Medicare
Brokers** LLC

Andrew Vasta
(973) 580-4339

www.njmedicarebrokers.com