

Electronic Medical ID and Wearable Medical ID

First responders recommend creating a Medical ID profile on your smart phone and wearing a Medical ID bracelet with the most important medical information

To learn how to add emergency contacts to your phones lock screen

<https://support.apple.com/en-us/HT207021>

<http://www.androidauthority.com/emergency-info-android-n-679061/>

To help you choose the best medical ID for you click on the link below:

<http://www.americanmedical-id.com/choosing-a-medical-id>

Recommended information to include on medical alert bracelet:

Information	Example
First Last Name/Year of Birth	John Smith/1978
At least 1 emergency contact	Jane XXX-XXX-XXXX mom, wife etc. OR ICE (in case of emergency) and phone number
Medical information	SCI (spinal cord injury) 2016 TBI (traumatic brain injury) 2015 CVA 3/15/15 Seizures, HTN, aphasia, allergic insect stings
Food/Drug Allergies	Sulfa drugs, gluten intolerance/celiac disease

Recommended companies for medical alert IDs below:

<https://www.laurenshope.com/>

<https://www.roadid.com/errors/BrowserNotSupported.html>

<http://www.medicalert.org/>

|