

Medical Alert ID

Why is medical alert ID so important?

Having medical alert ID (identification) information on your body or readily available is extremely important if you have a chronic health condition. Just a few of these conditions include diabetes, kidney disease, bleeding disorders, epilepsy and hearing loss.

Paramedics and other first responders look for this information when a person is acting confused or is unconscious. For example, in the case of diabetes, the sooner a low- or high-blood-sugar reaction is identified, the faster it can be treated. In the case of epilepsy, it alerts them to assess for seizure first. It is best to have information in a few places, such as a medical ID bracelet, plus more information on a wallet card or your smart phone.

What information should be included?

Some important information includes:

- Diagnosis: insulin-dependent diabetes (type 1 or type 2 diabetes, seizure disorder, bleeding disorder, hearing loss, etc.)
- The wearer's name
- Drug allergies
- Food allergies
- Name and phone number for 1 or 2 emergency contacts
- Where to find more information if you have it in multiple places (for example: "see medical ID app" on a bracelet)

Jewelry

Medical alert jewelry, like bracelets or neck chains, give basic information. They have limited space for medical information, but do not rely on a battery.

Where can I purchase a medical ID jewelry?

Here are a few companies that sell medical alert jewelry:

- American Medical ID www.IdentifyYourself.com
- Fifty50 Medical(diabetes) www.FIFTY50.com
- Lauren's Hope www.LaurensHope.com
- MedicalAlert Foundation www.medicalert.org
- Sticky Jewelry www.stickyj.com
- Walgreens www.walgreens.com/store





iPhone Health app

To Learn More

- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Emergency medical ID apps on a smart phone

Medical ID apps display emergency contact information from the lock screen on your smart phone. First responders know about these features and can access the information without your phone password. Be careful to only put your most necessary medical information. Anyone who has physical access to your phone can get the information without unlocking your phone.

iPhones

The iPhone medical ID feature comes already on the current operating system for iPhone. You do not have to download it in the app store. You can set it up using the Health app. To get started, open the health app and tap the medical ID feature. Fill out the profile with as much information as you want.

When your phone is locked, tap Emergency on the bottom left of the iPhone lock screen. Then tap Medical ID to bring up the screen showing the information you entered.

Android (Samsung, HTC and others)

Android phones do not have a health app that comes already on them. Instead, you can download it from the Google Play app store by searching "Medical ID (free)."

After you download the app, open it and fill out the profile information with as much information as you want. Anyone with physical access to your phone can access the information from your lock screen.



Emergency medical ID information on iPhone