

Your Mission, Should You Choose To Accept It...

Is to set up a Medical History Form for each member of your family. Grab a copy of our [Medical History Form](#), or if you have our book *Get Your Stuff Together*, you'll find a copy in the back of the book.

What Info Am I Going To Need?

1

Grab a pencil and paper and jot down the types of medical information you have for each member of the family.

This includes your family's medical history, medical information, names of everyone's physicians, specialists, dentists, optometrists and other health care providers and current and past prescriptions.

What Would You Need A Doctor To Know?

2

Close your eyes for a moment & imagine that you're sitting in the ER with everyone in your house. One by one, imagine that your spouse, each child or your parent has an injury, like a broken arm, or needs emergency surgery. The doctor – someone who doesn't know you or your family's unique medical or emotional needs – walks through the door.

What does this doctor need to know about them? Jot down all of the things that just went through your mind. Old injuries, allergies, surgeries, anything you think is important.

Locate & Gather All The Information You Have

3

Using those notes and the list you completed in Step 1, **locate** and **gather** all of the medical information you have at home, along with your address book or contact information for physicians and the people you'll be using for emergency contacts.

Create Your Family's Medical History Forms

4

Grab the Medical Information Form you downloaded earlier and create one for each adult and child in your family, adding all of the information you've located.

Choosing Your Emergency Contacts

5

Choose and name at least 3 emergency contacts for each person, including yourself.

- **Main Emergency Contact:** If you are married, include your spouse on your form and yourself on your spouse's form. For your children, this would be you and your spouse.
- **2nd Contact:** should be a nearby relative or good friend who you would trust enough to make informed choices on your behalf, if necessary.
- **3rd Contact:** should be an out of town/out of state relative or friend.

Anything Else To Add?

6

Is there any other information you need, to deal with a medical emergency while evacuated or away from home? If so, scan or make copies of that information and place it in the same folder as your completed medical history forms.

And while you're at it, don't forget to put ICE (In Case Of Emergency) Contacts in your and your family's smartphones along with a copy or link to your medical history forms. That way if you ever need quick access to a family member's medical history you'll have it right at your fingertips. Need instructions on ICE Contacts? [Click here](#) to read the blog post.

That Backup Plan of yours is coming along nicely.

Here are a few other resources you're gonna love...

*Laura & Jan Greenwald
Authors/Creators of Get Your Stuff
Together*



Our newest program [The Backup Plan 3.0!](#) Quick and easy steps you can take **right now**, to keep everything that's important to you, safe, sound and accessible. Each section covers a different area, from family photos, vital documents and music, to videos, computer files, family history and recipes. Just download the free Grab It & Go Forms and Action Plans (included), complete them and save them to your computer or use the ones right inside the book and you'll be ready to deal with emergencies small (a broken arm) or large (Superstorm Sandy). [Pick up your Paperback copy today at Amazon.com for \\$29.99](#) [Or the new Downloadable PDF Edition for \\$8.00.](#) [Read more about it](#)

Now For Safekeeping...

7

Print, scan or make three copies of the form you just completed, along with the documents or other materials you need to have grabbable, and store them in at least **three** secure, damage-proof locations. That way if one or two of the locations are inaccessible, you'll still be able to grab the information you need.

You should also consider attaching the forms to your emergency contact cards (school & work) as well as placing a set on a secure web server and putting a link to them in your smartphone, so you'll always have your medical history forms at your fingertips wherever you are.

What's Next?

Well now that you're done Getting Your Medical Information Together, here are More Amazing Things You Can Do In 5 Minutes Or Less

[Create Your Family's Evacuation Plan](#)
[Download and Back Up Your Digital Photos](#)
[Keep Your Medical History At Your Fingertips](#)
[Save Your Albums & Cassettes As MP3s](#)
[Earthquake Proof Your Bedroom](#)
[Fill Out Your Kid's Emergency Contact Card](#)

And don't forget to share this how to sheet with your family and friends!

For more Tips and How To Sheets like this one, visit [The Backup Plan Blog](#), or check out our books at [GetYourStuff Together.com](#)