# THE WHAT'S UP DOC FILE RECIPE

365 FINANCIAL CARE

Prepare ahead of time and store for easy accessibility for doctor appointments, hospital, clinic or emergency room visits. Complete and print this page and store it in a clear plastic letter-sized envelope. Add the key documents and you are ready for any emergency. Create a What's Up Doc File for every family member — including pets! Keep in your Go Bag.

## Ingredients:

### BARE BONES INFORMATION

PATIENT'S NAME:

PHONE/CONTACT NFORMATION:

DATE OF BIRTH:

LIFE-THREATENING CONDITIONS/ALLERGIES:

MUST-HAVE MEDICATIONS AND CURRENT MEDICATIONS:

CURRENT MEDICAL INSURANCE CARD (S) OR COPIES:

### MEDICAL PROFESSIONALS

PRIMARY CARE:

PRIMARY PHYSICIAN:

PHONE # AND ADDRESS:

MEDICAL SPECIALIST:

SPECIALIST'S PHONE # AND ADDRESS:

### NEXT OF KIN INFORMATION

NEXT OF KIN NAME:

CONTACT INFO:

MEDICAL POWER OF ATTORNEY-HIPAA CONTACT INFO:

### ADD KEY MEDICAL DOCUMENTS

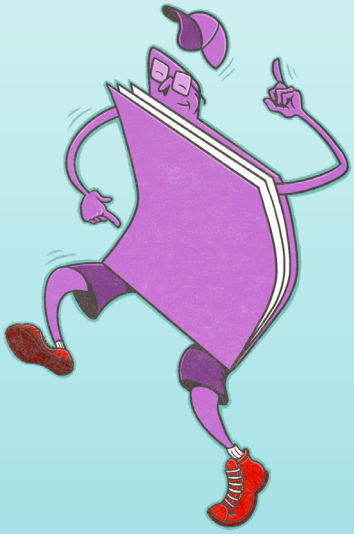
VACCINATION RECORDS — CARD

LIST OF CURRENT MEDICATIONS

POWER OF ATTORNEY OR HIPAA AUTHORIZATION FORM

SUMMARY OF PATIENT MEDICAL HISTORY

ANY MEDICAL DIRECTIVES/ LIVING WILL/ POLST



*Review at least once a year with updated insurance cards and new information.*

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