

Vital Info to Collect

- Doctor's names and phone numbers
- Primary Insurance numbers – ID #, Group Number
- Secondary Insurance numbers – ID#, Group Number
- Preferred Pharmacy phone number
- Medication List – Drug name, dose, times per day, condition
- Discussion of end of life wishes

Legal Documents

- HIPPA release forms for each doctor, hospital, immediate care clinic
- Medical Durable Power of Attorney
- Advanced Directives, including DNR if applicable
- POLST – completed by primary care physician if applicable

Prepare at Home

- Vial of Life Form (or equivalent) available for EMS
- ER Bag - Medication list
 - Bottled water
 - Book/e-reader/magazines
 - Small pillow
 - Tissues
 - Hand sanitizer
 - Crackers
- Admission Bag - Toothbrush/paste/denture case/ cleaner
 - Brush/comb
 - Slippers/non-skid socks
 - Glasses
 - Hearing aids/batteries
 - Disposable briefs
 - List of phone contacts