



Name		
	Blood Type	
Address		
	State	
Phone: Home W	/ork Cell	
In Case of Emergency (I.C.E.) Contacts:		
Name		
	Relationship	
Name		
Phone	Relationship	
Doctor: Name	Phone	
List Specialist Names and Type (i.e., cardiologist	, oncologist)	
Pharmacy: Name	Phone	
Vaccines: (Date of Last)		
Flu	Hepatitis B: O Yes O No O Don't Know	
Pneumonia	Tetanus	
Other Vaccinations		
Tobacco Use: ○ Yes ○ No If Yes, type: ○ cig	garettes O chew O cigar O pipe Amount per day:	
Drug Allergies (What Happens When I Take It)		
Medical History and Surgeries		
Date Infrmation Updated:	ihacares.com	

Current Medications and Over-the-Counter Products

Medication Name	Dose	How Often Taken
Keep this list up to date and take to all health care visits.		