

Why a Medical ID Tag?

What should I write and why should I wear a medical ID Tag?

In an emergency, when you might not be able to speak for yourself, **a medical ID bracelet or necklace speaks for you.**

While this can be overwhelming, we have put together a list of recommendations and tips for engraving on your medical ID bracelet or necklace.

- You should think about engraving at least your first name on your medical ID. While this is not a requirement, it could help emergency personnel get your attention if you are unconscious or in a diabetic coma.
 - Engrave your most important medical conditions first such as diabetes, asthma, seizure disorder or angina that could determine how emergency personnel would treat you should you be unable to speak for yourself.
 - It's then wise to list prescription medications that are being taken on a long-term basis such as an anticoagulant or insulin. This will provide guidance on how to initiate treatment and will lessen the chance of a drug interaction during an emergency situation.
- Carefully consider whether or not to engrave dosage or frequency information of your medications.
- You should also list any drug, food, insect or medication allergies you may have that can cause serious medical problems.
 - Make sure your ID distinguishes between medicines and allergies by engraving "Meds:" before your medicines and "Allergic To:" before allergies.
 - Other information commonly engraved on a medical ID if space permits could be advance directives (DNR, etc.), blood type, living will, pacemaker, see wallet card or organ donor.
 - Be concise by using fewer characters and eliminating unnecessary words.

You want to make sure your engraved information is not confusing and that it properly communicates your conditions. And remember, whatever you can't fit on your medical ID can be written on our Expandable Wallet Card.

All information above is for informational purposes only. You should consult your doctor before making any life altering changes.

A few websites you can purchase ID Tags at are:

<http://www.laurenshope.com/>

<http://www.petitebaublesboutique.com/>