



BusinessTravelLife

PREPARE

FOR A MEDICAL EMERGENCY DURING TRAVEL



EMERGENCY CONTACT



Designate 2 qualified In Case of Emergency (ICE) contacts.



Update the ICE contact listing in your cell phone to include every phone number they have and email. Update their contact profile with the ICE setting.



If you keep your phone locked, double check that you see the ICE contacts when your phone is locked.



Notify your ICE contacts that you have chosen them as the ICE contact in your phone. Ensure they are aware of your pertinent medical information, primary care physician and offer to share your emergency contact information sheet with them (or the location of the documents like your top desk drawer).

MEDICATIONS & ALLERGIES



Document the exact name & current dosage for any medications, vitamins, nutritional supplements, and herbal products that you are currently taking using your photo gallery in your phone, writing them down, or by creating a ICE-Medication contact and recording the information in the contact notes.



If you have any allergies to medications or medical items like latex, create an ICE- Allergy contact in your phone to document exactly what it is in the contact notes.

INSURANCE



Document your insurance information by taking a photo of your insurance card or saving your insurance information as ICE- Insurance in your phone.

TRAVEL & MEETING SCHEDULE



Share your travel and meeting calendar access with at least person.



Make a habit out of entering complete calendar appointments for meeting with contact information.



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EMERGENCY CONTACT INFORMATION

NAME:

DOB:

Primary Care Physician:

Phone:

Specialist:

Phone:

Specialist:

Phone:

EMERGENCY CONTACTS

Name:

Name:

Relationship:

Relationship:

Cell Phone:

Cell Phone:

Home Phone:

Home Phone:

Work Phone:

Work Phone:

MEDICATIONS, VITAMINS, NUTRITIONAL SUPPLEMENTS, & HERBAL PRODUCTS

Name/ Dose / Frequency	Name / Dose / Frequency

MEDICATION ALLERGIES: _____

MEDICAL CONDITIONS & RECENT SURGERIES
