

What Vital Info

OneLife ID

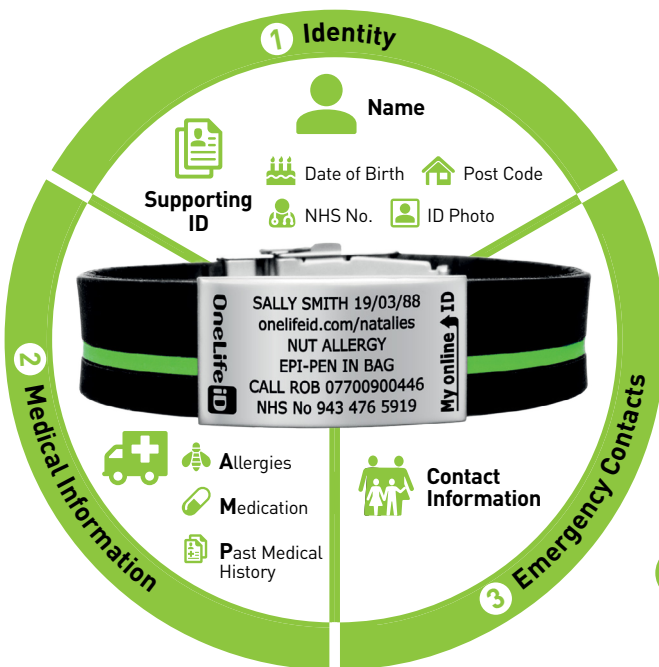
Personal ID | Emergency • Medical • Contact

...should I put on my ID wristband?

Emergency or medical ID wristbands provide vital information fast to emergency services so they can deliver the care you need. Specialist Paramedic Steve Shackleton* has given us the latest advice on the vital information to include on a personal ID.

Here are our top tips

...on the vital information to include.



2 Medical Information

'AMPLE' is used by 'first responders' to prioritise their actions at an emergency. The first 3 'AMP' stand for **A**llergies, **M**edication and **P**ast medical history and provides a guide on what Medical Information to include:

- **Allergies** Record serious Allergies that Emergency Services need to be aware of or may have contributed to your condition.
- **Medication** Details of any significant medication you are taking or may need.
- **Past Medical History** Over 25% of people have a hidden medical condition so record details of serious medical conditions – heart condition, diabetes, epilepsy, anaphylaxis, asthma or blood disorder to name just a few...

1 Identity

Full Name – essential for identification and accessing medical records.

First Name – use of a first name helps emergency services communicate with and reassure casualties.

Supporting ID details

Additional personal information will ensure identification and enable emergency services to access your medical data quickly:

- **Date of Birth**
- **NHS Number** – and for frequent EU travellers, consider adding your European Health Insurance Card (EHIC) Number.

Post Code

Identification Photo

With the OneLife online ID profile,** you can also add an emergency profile photo for identification purposes.

3 Emergency Contacts

Ensures the right people can be contacted fast and emergency services can focus on your care.

Family & Friends

Additional contacts can be added to the OneLife online ID profile.**

Work or educational establishment

- **Insurance** – policy number and contact details.
- **Dependents** – those you care for: childcare, seniors or pets.

For more information see www.onelifeid.com
Our ID product builder provides some helpful guidance and support on what details to include on your ID.

* Shackleton Solutions www.shackletonsolutions.com
– Specialist First Aid & Medical Training

** Find out more about the OneLife ID online profile at <https://www.onelifeid.com/page/profile-demo>