



FILE OF LIFE

What is File of Life?

File of Life is a mini medical history in a packet attached with a magnet to the outside of the refrigerator.

What information is included on the card inside the File of Life packet?

- ❖ You should list the patient's name, emergency medical contact, health problems, medications and dosages, allergies, recent surgeries, social security number (optional), insurance policy and health care proxy location. Please write in pencil so that updates can be made easily. **This information should be duplicated on the wallet size form to be carried daily.**

Where is this information to be used?

- ❖ Paramedics will use this information while transporting you to the hospital in order to provide it to the hospital personnel.

How will Forest Park and Forest Park paramedics know where to find medical history information?

- ❖ Our local department personnel are trained to look for File of Life packets on the refrigerator. They will also know by the decal on your front door.

How often should I update the information?

- ❖ Update information twice a year or as needed.

Where are the File of Life Packets available?

- ❖ Forest Park Fire Department - 7625 Wilcox, Forest Park, IL
Forest Park Police Dept and Village Hall – 517 Des Plaines, Forest Park, IL
Howard Mohr Community Center – 7640 Jackson Blvd. Forest Park, IL

File of Life packets are sponsored by The Forest Park Fire Department and the Howard Mohr Community Center. For More information please contact the Fire Department @708-366-1234 or Community Center @708-771-7737.