

Family Emergency Information Sheet

Everything your family would need to find quickly - filled in now, so no one has to search for it later.

About Me

Full legal name

Date of birth

Home address

Phone number

Who to Call First

Primary emergency contact - name & relationship

Their phone number

Secondary contact - name & relationship

Their phone number

Medical Information

Primary doctor - name & phone

Health insurance provider & policy number

Current medications (attach a separate list if needed)

Known allergies

Healthcare proxy / medical decision-maker - name & phone

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Page 2 - Legal, financial, and digital information.

Key Documents

Where is the will kept?

Attorney - name & phone

Where is the power of attorney kept?

Life insurance provider & policy number

Financial

Primary bank & branch

Financial advisor - name & phone (if applicable)

Employer / pension contact (if applicable)

Digital & Household

Where are passwords/password manager kept?

Utility companies (electric, water, gas)

Home security / alarm company (if applicable)
