

Lifeline

Be Prepared

What to Take to the Emergency Room

Seconds count during a medical emergency. Save precious time by gathering items you need during an Emergency Room visit to help healthcare professionals care for you and to keep you comfortable. “When you have an idea of what to bring beforehand, it can make things go much more smoothly for yourself as a patient and for the care team in the emergency department,” says Tory Madsen, MD, an emergency physician with the University of Utah Hospital.

Your Emergency Room Go-Bag Checklist

Save time and ease stress by gathering these items, suggested by the Federal Emergency Management Agency, in an easy-to-carry bag that you or your family member can grab on the way to the ER.

- ✓ An up-to-date and accurate list of prescription and non-prescription medications
- ✓ Information on your health, including a link to a cloud-based document or a recent copy of your medical history
- ✓ A current list of your emergency contacts, plus contact numbers for your primary care provider and preferred pharmacy
- ✓ Cell phone cords and chargers, plus an external battery pack to stay in touch with your care circle and for games and other diversions
- ✓ Back-up hearing aid, prescription or reading glasses and container for your dentures
- ✓ Copies of your government-issued ID and health insurance cards
- ✓ Copies of legal documents, including durable power of attorney and advance directive, if possible
- ✓ A book or other non-digital form of entertainment

While having these items with you if you need to seek emergency or urgent care is important, don't spend time pulling them together if you're having a medical emergency, such as chest pain, shortness of breath or stroke-like symptoms. Your health and safety is more important.

Philips Cares Can Help

Philips Cares, included with a Lifeline subscription, connects you with your care circle.

Each member of the care circle can set their availability within the Philips Cares app – so when help is needed Trained Care Specialists always know who to call first when you press the button.

You can check on each other, share notes and have always-on access to your personal care plan. [Learn more about Philips Cares.](#)