

# Emergency & Medical ID Card

All information stays on your computer. No information is shared or sent over the internet.

<b>Emergency &amp; Medical ID Card</b>	<b>Conditions/History</b>
<b>Blood Type:</b> <b>Date of birth</b>	<b>Medications</b>
<b>Emergency Contacts</b>	<b>Allergies/Other Information</b>
	<a href="http://www.CycleGrampian.co.uk">www.CycleGrampian.co.uk</a>

## INSTRUCTIONS

- Highlight and type over you medical and contact information in the fields above.
- Adjust printer settings for best possible quality and print this page.
  - Cut the card along the lines and fold in half.
  - Laminate your card for durability.