



## **Why everyone should have their own File of Life:**

Medical emergencies can happen anytime. When they do, there is confusion, panic, and urgency. Paramedics arrive on the scene with no information about the person in need. Seconds count – they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Who do they want us to call? How do we contact their family or friends? File of Life puts these answers at their fingertips. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room. File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation.

More than 90% of medical emergency calls are treated without knowledge of the patients' medical history. When medications and/or medical conditions are unknown, it is extremely difficult to treat the patient in an emergency.

The File of Life card enables first responders to obtain quickly and accurately your medical history. File of Life is a refrigerator magnet folder containing your vital medical information. A decal affixed to the main entry door to your home alerts law enforcement and medical personnel to the existence of a File of Life during a medical emergency, allowing information on medications and medical conditions to be accessed immediately by first responders.

If you would like a free File of Life contact Minnesota Aging Pathways at 800.333.2433 or [brenda.eldred@cmcoa.org](mailto:brenda.eldred@cmcoa.org)