1. Fill out the Vial of Life form
   - Fill out the Vial of Life form located on reverse side. Answer all or any pertinent questions.
   - Make blank copies of this form to keep information current or go to VIALOFLIFE-CA.ORG to print out or download a blank form.

2. Place sticker on front of a plastic baggie
   - Place filled out Vial of Life form in the plastic baggie.
   - You may also consider placing the following items in the baggie:
     - Copy of EKG
     - Living Will or equivalent
     - DNR (Do Not Resuscitate)
     - Recent picture of self

3. Place the baggie on your refrigerator door
   - Securely tape plastic baggie to front of refrigerator door.
   - Place plastic baggie at eye level so that anyone responding to a medical emergency can find complete medical information.

4. Place the second sticker on your front door
   - Place the second sticker on the front door or window for easy visibility by anyone responding to a medical emergency.
<table>
<thead>
<tr>
<th><strong>FIRST NAME</strong></th>
<th><strong>INITIAL</strong></th>
<th><strong>LAST NAME</strong></th>
<th><strong>TELEPHONE</strong></th>
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<th><strong>ZIP</strong></th>
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<tr>
<th><strong>DATE OF BIRTH</strong></th>
<th><strong>MALE/FEMALE</strong></th>
<th><strong>HEIGHT</strong></th>
<th><strong>WEIGHT</strong></th>
<th><strong>HAIR COLOR</strong></th>
<th><strong>EYE COLOR</strong></th>
<th><strong>BLOOD TYPE</strong></th>
<th><strong>RELIGION</strong></th>
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**List hearing difficulties**

**List vision difficulties**

**Identifying Marks**

**Current Medical Conditions**

**Past Medical Conditions**

**Current Medications: Dosage and Frequency**

**Allergies to Medications**

**Doctor’s Name and Telephone Number**

**Last Hospitalization**

**Special Instructions such as health directives, etc...**

**Health Insurance Policy**

**Emergency Contact Notification - Name - Address - Phone - Relationship**

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PLACE ON REFRIGERATOR DOOR - PLEASE PRINT CLEARLY