



Engaged, Connected, Active

Emergency Resources for Members and their Families

Anis Dani

November 13, 2024



November 13, 2024



Workshop Objectives

- **Increase Awareness** of Emergency Resources
- **How to Access** our Emergency Resources
- **How to Use** the Emergency Resources

Emergency Resources can be accessed by members and their families without a login



Emergency Resources

This web page contains resources to help members prepare for emergencies or help members and their families deal with emergencies that have occurred.

- **Emergency Medical ID Card** – ensures your emergency information is easily accessible
- **Guide for Actions After A Death of a Retiree/Spouse/Partner** (November 2024)
- **Handbook for Advance Planning by Retirees & Families, 3rd edition** (November 2024)
- **Medical Alert System**



Emergency Resources workshop agenda

- Two resources will be covered by today's presentation:
 - Emergency Medical ID card (available in two templates)
 - Medical Alert System
- Two additional resources are in your folder and have been posted online as PDF files which can be downloaded or printed by you:
 - Handbook for Advance Planning
 - With accompanying Checklist
 - Guide for Actions After a Death

I. Emergency Medical ID Card



SEO !

Select Language ▼ Text Size ▲▼ Logout

Home About Us Emergency Resources FAQs Quick Links

WBG Resources

Search

Member Portal Member Profile Alumni Resources Book Repository Community Hub Forum Thematic Groups Activities

Emergency Medical ID Card

All members are advised to fill out an Emergency Medical ID card for yourself and your family members with vital information first responders need to help you in case of an accident or a medical emergency. We recommend that you laminate the card for durability and carry it with you in your wallet or purse at all times.

- [Click here](#) to download the template for your wallet, or
- [Click here](#) for a larger version to complete by hand and *leave it in your home for easy access (i.e. on refrigerator)*

1818 Society
World Bank, Main Complex
Room No. MC 1 -852
1818 H. Street, NW
Washington, DC 20433
Office Hours: 10:00 AM to 4:00 PM
In-person: Monday to Thursday

Phone: 202-458-1956/57
Fax: 202-522-2417
Email: 1818Society@wbgalumni.org

Mailing Address:
1818 Society
World Bank (MSN MC1-104)
1818 H Street, NW
Washington, DC 20433



Emergency Medical ID Card: Template for your Wallet – Fill online, print, laminate



Emergency Medical ID Card		Medical Information							
Name:		Key medical conditions:/history							
Address:									
Phone:		Essential Medications:							
Blood Type:									
Date of birth:		<table border="1"> <tr> <td><i>Medication # 1</i></td> <td><i>Dosage and Frequency</i></td> </tr> <tr> <td><i>Medication # 2</i></td> <td><i>Dosage and Frequency</i></td> </tr> <tr> <td><i>Medication # 3</i></td> <td><i>Dosage and Frequency</i></td> </tr> </table>		<i>Medication # 1</i>	<i>Dosage and Frequency</i>	<i>Medication # 2</i>	<i>Dosage and Frequency</i>	<i>Medication # 3</i>	<i>Dosage and Frequency</i>
<i>Medication # 1</i>	<i>Dosage and Frequency</i>								
<i>Medication # 2</i>	<i>Dosage and Frequency</i>								
<i>Medication # 3</i>	<i>Dosage and Frequency</i>								
Emergency contacts: (Language, if not English)	Emergency number								
<i>Name # 1</i>	<i>Phone # 1</i>								
<i>Name # 2</i>	<i>Phone # 2</i>								
Doctors:	Doctor's phone:								
<i>Doctor # 1:</i>	<i>Phone # 1</i>	<p style="text-align: center;">If found, return this ID Card to: 1818 H Street NW, MC 1-852, Washington DC 20433 (202) 458-1956/57; 1818society@wbgalumni.org</p>							
<i>Doctor # 2</i>	<i>Phone # 2</i>								
<i>Any special situation people want to mention:</i>									



Emergency Medical ID Card: Notice board Template

Fill by hand, or online and print; post at home (on refrigerator or notice board)

Emergency Medical ID Card

Name:			Key medical condition/history:		
Address:	Phone:				
	Blood Type:				
	Date of Birth:				
		Essential Medications:	Dosage and Frequency:		
Language, if not English:			Medication #1:		
Emergency Contacts and Phone Numbers:			Medication #2:		
Contact #1:		Phone #1:	Medication #3:		
Contact #2:		Phone #2:	Allergies:		
<i>Doctor #1:</i>		<i>Phone #1:</i>			
<i>Doctor #2:</i>		<i>Phone #2:</i>			
Any special situation you would like to mention:			<p>If found, return this ID Card to: 1818 H Street NW, MC 1-852, Washington DC 20433 (202) 458-1956/57; 1818society@wbgalumni.org</p>		



Emergency Medical ID Card:

fill out your personal information on upper left side



Emergency Medical ID Card		Medical Information	
Name: First M <u>Lastname</u>		Key medical conditions:/history	
Address: <u>xxxx</u> Cherry Street Bethesda, MD 00000	Phone: 202-200-0000	Essential Medications:	
	Blood Type: B+		
	Date of birth: 01/01/1950	<i>Medication # 1</i>	<i>Dosage and Frequency</i>
Emergency contacts: <i>(Language, if not English)</i>	Emergency number		
<i>Name # 1 /</i>	<i>Phone # 1</i>	<i>Medication # 2</i>	<i>Dosage and Frequency</i>
<i>Name # 2</i>	<i>Phone # 2</i>	<i>Medication # 3</i>	<i>Dosage and Frequency</i>
Doctors:	Doctor's phone:	Allergies:	
<i>Doctor # 1:</i>	<i>Phone # 1</i>	If found, return this ID Card to: 1818 H Street NW, MC 1-852, Washington DC 20433 (202) 458-1956/57; 1818society@wbgalumni.org	
<i>Doctor # 2</i>	<i>Phone # 2</i>		
<i>Any special situation people want to mention:</i>			



Emergency Medical ID Card: fill your emergency contact information on the left:



Emergency Medical ID Card		Medical Information			
Name: First M Lastname		Key medical conditions:/history			
Address: xxxx Cherry Street Bethesda, MD 00000	Phone: 202-200-0000			Essential Medications:	
	Blood Type: B+				
	Date of birth: 01/01/1950	Medication # 1	Dosage and Frequency		
Emergency contacts: (Language, if not English)	Emergency number	Medication # 2	Dosage and Frequency		
Name # 1 Spouse Name	Phone # 1 000-000-0000	Medication # 3	Dosage and Frequency		
Name # 2 Daughter Name	Phone # 2 111-111-1111	Allergies:			
Doctors:	Doctor's phone:				
Doctor # 1: Dr. Physician	Phone # 1 222-222-2222				
Doctor # 2 Dr. Specialist	Phone # 2 333-333-3333	If found, return this ID Card to: 1818 H Street NW, MC 1-852, Washington DC 20433 (202) 458-1956/57; 1818society@wbgalumni.org			
Any special situation people want to mention:					



Emergency Medical ID Card:

add medical history, medications and allergies on right side

Emergency Medical ID Card		Medical Information	
Name: First M <u>Lastname</u>		Key medical conditions:/history	
Address: <u>xxxx</u> Cherry Street Bethesda, MD 00000	Phone: 202-200-0000	High blood pressure; <u>arthritis</u> ;	
	Blood Type: B+	Appendicitis, knee replacement	
Emergency contacts: <i>(Language, if not English)</i>	Date of birth: 01/01/1950	Essential Medications:	
	Emergency number	Medication # 1 BP medication	20 mg, once daily
Name # 1 Spouse Name	Phone # 1 000-000-0000	Medication # 2 Calcium	500 mg, once daily
Name # 2 Daughter Name	Phone # 2 111-111-1111	Medication # 3 Advil	500 mg, twice a day
Doctors:	Doctor's phone:	Allergies: penicillin, pollen	
Doctor # 1: Dr. Physician	Phone # 1 222-222-2222	If found, return this ID Card to: 1818 H Street NW, MC 1-852, Washington DC 20433 (202) 458-1956/57; 1818society@wbgalumni.org	
Doctor # 2 Dr. Specialist	Phone # 2 333-333-3333		
Any special situation people want to mention:			

Emergency Medical ID Card: *print, fold & laminate your wallet card (covers available at Amazon or Staples)*

amazon prime Prime Video Hello, Account

All Medical Care Prime Video Buy Again Groceries Livestreams Amazon Business Pharmacy Household, Health & Baby Care Shop By Interest Coupons Amazon Bas

Home Store Free with ads Categories My Stuff

fresh Free delivery on your first \$50+ order Shop Fresh

Back to results

Purchased another variation 1 time
Last purchased Mar 17, 2024 | Number of Items: 12 | [View item](#)

PRODUCT SIZE

Inner dimension
3.54 in
2.24 in

Outer dimension
3.74 in
2.4 in

Medicare Card Sample:
Medicare Member
JOHN T. SMITH
1EG4-TE5-MK72
HOSPITAL (PART A)
MEDICAL (PART B)
03-01-2016
03-01-2016
MEDI CARE HEALTH INSURANCE

New Medicare Card Protector, 6 Pack Plastic Card Holder for Wallet Single 12 Mil Business Card Sleeve Waterproof Cards Plastic Protector for Credit Card Business Card Social Security Card

Brand: Fabmaker
4.6 ★★★★★ 4,696 ratings
Amazon's Choice in Business Card Holders by Fabmaker
2K+ bought in past month

-38% \$4.99 (\$0.83 / Count)
List Price: \$7.99

✓prime
FREE Returns

Number of Items: 6

6 \$4.99 (\$0.83 / Count) ✓prime	12 \$7.99 (\$0.67 / Count) ✓prime
--	---

Material Premium Flexible PVC
Brand Fabmaker

Roll over image to zoom in

Emergency Medical ID Card: *print and laminate your card (covers available at Amazon or Staples)*

amazon prime Prime Video laminate card Hello, Account

All Medical Care Prime Video Buy Again Groceries Livestreams Amazon Business Pharmacy Household, Health & Baby Care Shop By Interest Coupons Amazon Basic

Home Store Free with ads Categories My Stuff

Bonsai Laminating Sheets, 200 PCS 3mil Thermal Laminating Pouches, 9 x 11.5 inches, Clear and Durable, Suitable for Multiple Fields of Use ★★★★★ 1,774 -15% \$16.99 \$19.99

Back to results

Self-adhesive Pouches
Pochettes à Auto-adhésive
Bolsas Autoadhesivos

5 QUANTITY QUANTITE CANTIDAD

2.87" x 4.12"
73mm x 105mm

5mil THICKNESS ÉPAISSEUR ESPESOR

Double sided protection
Protection des deux côtés
Protección de los dos lados

Company Job Title

Auto-adhesive
Bolsas Autoadhesivos

5 QUANTITY QUANTITE CANTIDAD

2.87" x 4.12"
73mm x 105mm

Double sided protection
Protection des deux côtés
Protección de los dos lados



You can also create a Medical ID on your Smartphone

- iPhone has a built-in health app where you can create your medical ID and enable access even with a locked screen
- Android phones don't have built in health apps but you can create one by downloading apps like the Medical ID (free) ICE* Contacts app

*ICE stands for In Case of Emergency, i.e. anyone can see your medical ID without unlocking the phone.



II. Medical Alert System

- As we age, the risk of a medical emergency or a fall inevitably increases. Having a medical alert system can help you receive medical help quickly and can be a lifesaver.
- This is especially important for those of us who are alone, or for those who are physically challenged or face memory loss which prevents them from summoning help when it is most needed.
- **What is a Medical Alert System?**
- A medical alert system triggers a call to a response center in case of an emergency.
- Alert systems range from a basic, wearable device with a push button or fall detection service to a more sophisticated health monitor or fall monitor on an iPhone.
- Several service providers offer a wearable button device with a monthly subscription plan you may want to check out. Here are two with good reviews by AARP:
- [Medical Guardian](https://www.medicalguardian.com) (1-800-813-9946)
- [Medical Alert](https://www.medicalalert.com) (1-800-836-0887)

Medical Alert System: Medical Guardian

Special Offer
ENDS SOON

Call to Get 1 Free Month of Service + More!

1 (800) 813-9946



Products ▾

How It Works

Buying Advice

About ▾



Take Product Quiz

This Button Protects Lives

Medical Guardian's **Top Rated*** Medical Alert Devices **empower** over **300,000 lives** everyday.

Get the **help** you need in **3 easy steps!**

1

Press Your
Medical Alert
Help Button

2

Connect With
Our Emergency
Monitoring System

3

Help is On
the Way

Devices starting at:

\$19.95

+ Free Shipping &
Free Month of
Service



Get in touch with a life safety consultant today

Fill out the form below or call 1-800-813-9946

Your Full Name

Email Address

Phone Number

Get Your FREE Quote

Medical Alert System: Medical Alert

MedicalAlert

Home System

Mobile System

Fall Detection

App

Get Started



Why Choose Medical Alert

Help at the Press of a Button



24/7/365 RESPONSE

Quickly connect to U.S.-based trained response specialists who provide you with the assistance you need 24/7/365.



WATERPROOF HELP BUTTONS

Wear the help button around your neck or wrist, including in the shower or tub where slips and falls are most common.



PERSONALIZED RESPONSE PLAN

When you press your button, we'll contact the right person to get you the help you need, whether family, friend or first responder.



MOBILE APP

The Medical Alert Connect app allows you to manage your account easily from your phone. Your loved ones receive real-time notification of



Medical Alert System, contd.

- A [2022 article](#) on the AARP website describes options to help you choose what services best suit your needs. The AARP article does not describe the health monitoring and medical alert services now available on smartphones.
- More recent iPhones (*Series 5 or later, and SE or Ultra series*) have fall detection service and Emergency SOS service built into the phone. Fall detection **automatically turns on** if you indicate you are 55 years or older during setup or when you input your age in the [Health app](#).
- You can also get help during an emergency with an Android phone (*Android 12 or later*) to send an Emergency SOS.



Medical Alert System, contd.

- The Apple Watch sends a message to your selected emergency contacts when you push the Emergency SOS button.
- If the watch detects a hard fall (personal fall or car crash), and you're unresponsive, it will automatically call 911 and send a message to your emergency contacts.
- However, in case of a soft fall or other medical emergency, fall detection isn't activated.
 - Your Apple Watch and iPhone can still make an SOS call to emergency services or a caregiver if you fall or are immobile, but it won't be automatic.

Medical Alert System: Compare Apple Watch models

SE



**All the essentials.
Light on price.**

GPS + Cellular From \$299 **GPS** From \$249

Series 9



**Powerful sensors,
advanced health features.**

GPS + Cellular From \$499 **GPS** From \$399

Ultra 2



**The most rugged
and capable.**

GPS + Cellular
\$799

Medical Alert System: Apple Watch health & emergency

SE

-

High and low heart rate notifications³

Irregular rhythm notifications⁴

Low cardio notifications



-

Cycle Tracking⁶



Emergency SOS⁷

International emergency calling⁸

Fall Detection and Crash Detection⁷

-



Series 9

ECG app³

High and low heart rate notifications³

Irregular rhythm notifications⁴

Low cardio notifications



Temperature sensing⁵

Cycle Tracking with retrospective ovulation estimates⁶



Emergency SOS⁷

International emergency calling⁸

Fall Detection and Crash Detection⁷

-



Ultra 2

ECG app³

High and low heart rate notifications³

Irregular rhythm notifications⁴

Low cardio notifications



Temperature sensing⁵

Cycle Tracking with retrospective ovulation estimates⁶



Emergency SOS⁷

International emergency calling⁸

Fall Detection and Crash Detection⁷

Siren





Medical Alert System -- Android phone users

- The **Android** phone SOS feature can call for help or send your location with your emergency contacts but you have to initiate the SOS call.
 - Some of the steps require you to touch the screen multiple times, or touch and hold the red circle for 3 seconds to start the emergency call. activate the Emergency SOS feature and share your location.
- A Samsung emergency device is not wearable, however if you have a Samsung phone that runs Android 11 (released 2020) or later version:
 - You can store your Emergency information in the Samsung Health app and send your location to your emergency contacts
 - You can store a virtual medical ID card on your phone
 - You can use the SOS feature to call for help
- **BUT you have to access your phone to initiate the SOS call or use its health app.**



Medical Alert System:

Act now to avoid regrets later

- If a subscription plan, ask for a complete price breakdown.
 - Some features, like fall detection, may cost more.
 - Do not enter into a long-term contract. Look for a full money-back guarantee, or at least a free trial period.
 - Select a plan that allows you to cancel at any time with no penalties.
- If Apple Watch, get a model with health monitoring and fall detection and enter your emergency contacts.
- If Android phone, upload your emergency information on the Personal Safety app and activate Emergency SOS feature.