

Engaged, Connected, Active

Emergency Resources for Members and their Families

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November 13, 2024





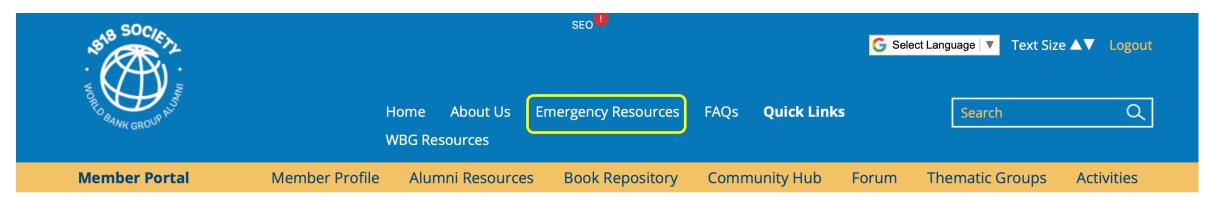
Workshop Objectives

• 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

November 13, 2024

I. Emergency Medical ID Card



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

1.4.

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



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:	,	
Doctor #1:	Phone #1:			
Doctor #2:	Phone #2:			
Any special situation you would like to mention:		1818 H Street NW, MC 1	rn this ID Card to: L-852, Washington DC 20433 18society@wbgalumni.org	



Emergency Medical ID Card: fill out your personal information on upper left side

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



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

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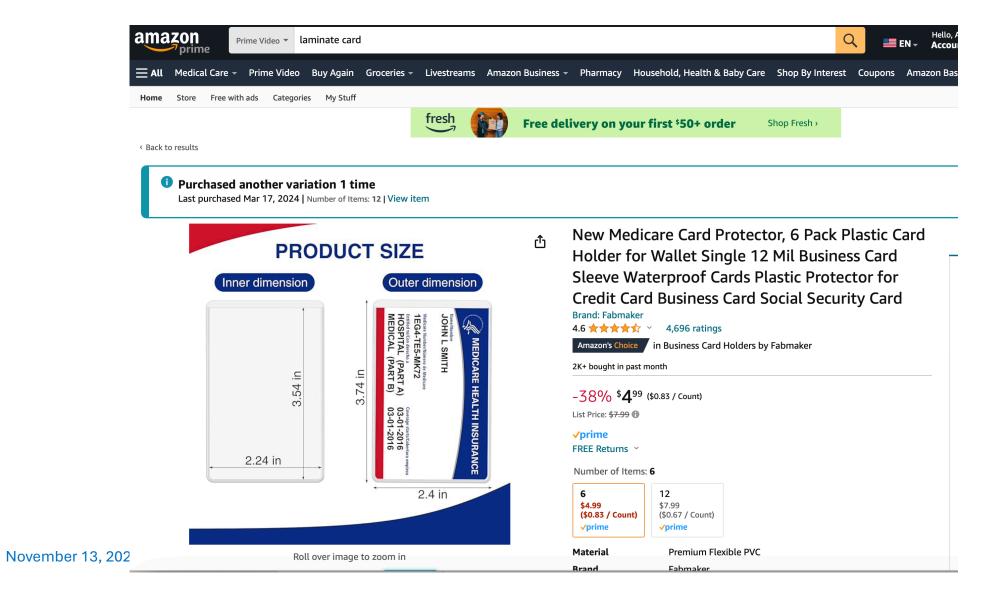
Emergency Medical ID Card Name: First M Lastname		Medical Information Key medical conditions:/history	
xxxx Cherry Street	Blood Type: B+		
Bethesda, MD 00000	Date of birth: 01/01/1950	Essential Medications:	
Emergency contacts: (Language, if not English)	Emergency number	Medication # 1	Dosage and Frequency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



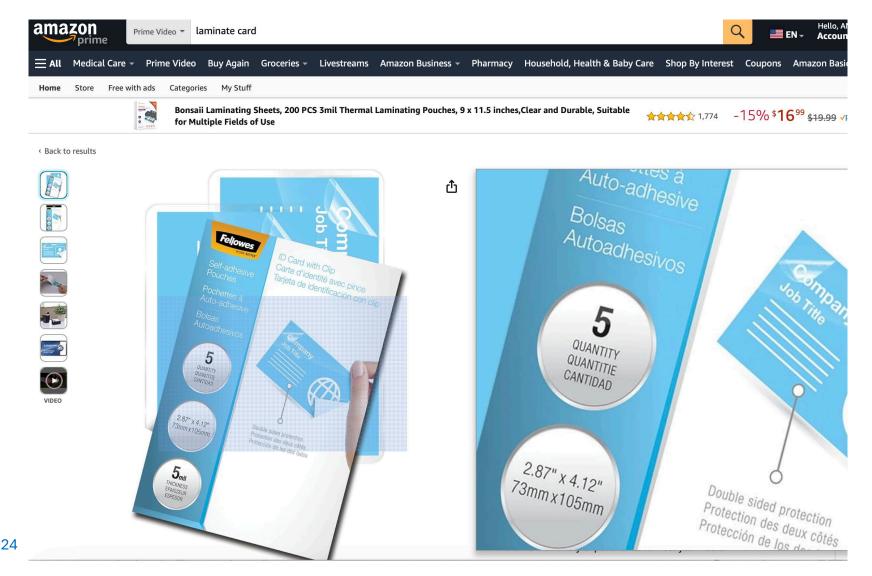
Emergency Medical ID Card: add medical history, medications and allergies on right side

Emergency Medical ID Card		Medical Information		
Name: First M Lastname		Key medical conditions:/history		
Address:	Phone: 202-200-0000	High blood pressure; <u>arthritis;</u> Appendicitis, knee replacement		
xxxx Cherry Street	Blood Type: B+			
Bethesda, MD 00000	Date of birth: 01/01/1950	Essential Medications:		
Emergency contacts:	Emergency number	Medication # 1 BP medication	20 mg, once daily	
(Language, if not English)				
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:		
Doctor # 2 Dr. Specialist	Phone # 2 333-333-3333	1818 H Street NW, MC 1-852, Washington DC 20433		
Any special situation people want to mention:		(202) 458-1956/57; 1818society@wbgalumni.org		

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



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





You can also create a Medical ID on your Smartphone

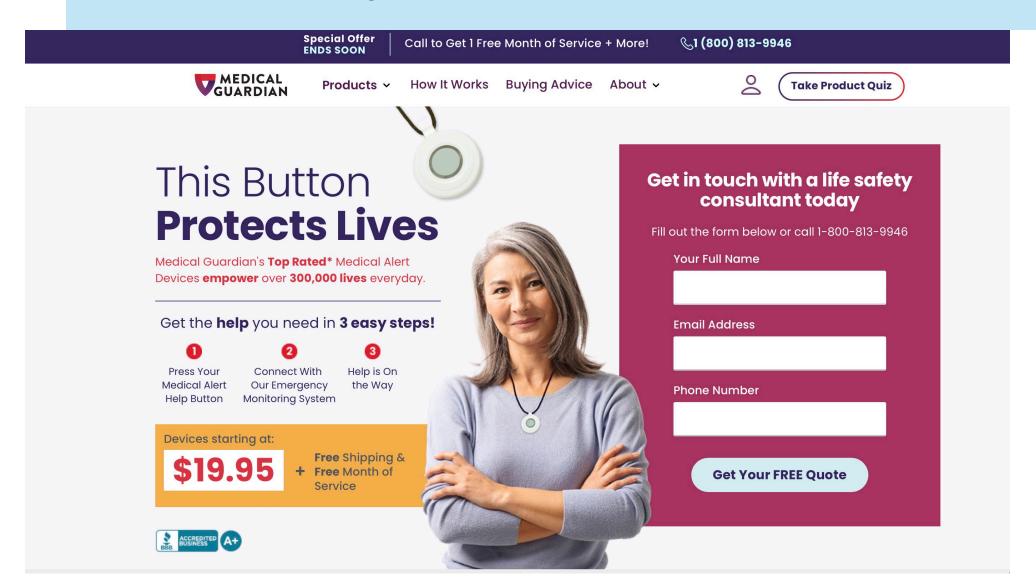
- iPhone has a built-in health app where you can create your medical ID and enable access even with a locked screen
- Android phones don't have built in health apps but you can create one by downloading apps like the Medical ID (free) ICE* Contacts app

*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** (1-800-813-9946)

Medical Alert System: Medical Guardian



Medical Alert System: Medical Alert

Medical Alert

Home System

Mobile System

Fall Detection

App

Get Started



Why Choose Medical Alert

Help at the Press of a Button



24/7/365 RESPONSE



WATERPROOF HELP BUTTONS

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

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



MOBILE APP

When you press your button, we'll contact the right person to get you the help you need, whether family,

The Medical Alert Connect app allows you to manage your account easily from your phone. Your

loved and 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 <u>Health app</u>.
- 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 <u>Apple Watch</u> 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

Series 9

Ultra 2







All the essentials. Light on price.

GPS + Cellular From \$299 GPS From \$249 Powerful sensors, advanced health features.

GPS + Cellular From \$499 GPS From \$399 The most rugged and capable.

GPS + Cellular \$799

Medical Alert System: Apple Watch health & emergency



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.