Portable Health Profile

A portable health profile gives people the ability to collect—electronically or on paper—all their important health history in one place, so that a complete and accurate health history and medication list is available to them when they need it. Many people create a portable health profile for their children and aging parents as well.

Portable health profiles can be in a variety of formats, such as index cards, 8½ x 11" pieces of paper, folders, notebooks, flash drives, CD or bracelet with information. Although we do not endorse or expect the use of specific products, below is a list of websites that offer a variety of portable profile tools currently available:

- www.medictag.com
- www.medicalert.org
- https://IcePHR.com
- www.iHealthRecord.org
- www.OnFile.com
- www.medickey.com
- www.myphr.com
- www.nomoreclipboard.com
- www.collegeparents.org/cpa/deals-other-portablehealth
- www.medicalhomeinfo.org/tools/care_notebook.html
- www.portablehealthprofile.com
- Bridgeton Healthways Journal

Below is one example of a portable health profile form. You're welcome to print this out to keep in your wallet or purse.

Health Profile

Keep this form in your wallet at all times and accessible to medical personnel. Be sure to update the information whenever there is a change.

Name:

Your Physician(s) Names and Phone Number:

Emergency Contact and Phone Number:

Date of Birth: Your Height: Your Weight:

MEDICAL HISTORY

MEDICATIONS

Include over-the-counter medications, herbs and nutritional supplements you are currently using:

MEDICATION	DOSE	FREQUENCY

ALLERGIES

Are you allergic to latex? Yes ☐ No ☐

MEDICATION	REACTION

SURGERIES/PROCEDURES

SURGERY/PROCEDURE	DATE (YEAR)