

Actionable Checklist: Prepping for a Physical Health Crises

Mission 1: Establish Your Health Baseline

Your goal: To create a single, comprehensive document with all your vital health information.

☐ **Create Your Personal Health Profile:**

- ☐ List Personal Info: Full Name, Date of Birth, Blood Type.
- ☐ List Medical Team: Names and phone numbers for your PCP, specialists, dentist, and pharmacy.
- ☐ List Emergency Contacts: At least two trusted people with their phone numbers.
- ☐ Create a Medication List: For each, include Drug Name, Dosage, Frequency, and Reason for Taking.
- ☐ List Allergies: Include medications, food, and environmental allergies, along with the specific reaction.
- ☐ List Chronic Conditions: Note any ongoing health issues and the approximate date of diagnosis.
- ☐ Document Significant Medical History: List all major surgeries, illnesses, and injuries with dates.
- ☐ Record Key Health Metrics: Your most recent Blood Pressure, Heart Rate, Cholesterol, and A1c (if applicable).
- ☐ Record Vaccination History.
- ☐ Record Health Insurance Details: Company, Policy Number, Group Number.

☐ **Gather Your Information:**

- ☐ Schedule your annual physical and go prepared with a list of questions for your doctor.

[] Log in to your online patient portal to download lab results, visit summaries, and medication lists.

[] Formally request any historical medical records you need from previous hospitals or doctors.

[] Discuss your family health history with close relatives.

Mission 2: Build Your Home Medical Kit

Your goal: To assemble a well-organized kit to handle common injuries and illnesses at home.

[] **Select a durable, organized container** (e.g., tackle box, dedicated EMT bag).

[] **Stock Wound & Trauma Supplies:**

[] Antiseptic wipes, saline wound wash.

[] Gauze pads/rolls, abdominal (ABD) pads.

[] Adhesive bandages (variety pack), butterfly closures.

[] Medical tape, moleskin, burn dressings, trauma shears.

[] **Stock Over-the-Counter (OTC) Medications:**

[] Pain/fever reducers (Ibuprofen, Acetaminophen).

[] Allergy relief (Diphenhydramine/Benadryl, Loratadine/Claritin).

[] Stomach/GI medications (Loperamide/Imodium, antacids).

[] Topical creams (Hydrocortisone, antibiotic ointment).

[] **Stock Tools & Instruments:**

[] Fine-tipped tweezers, digital thermometer, nitrile gloves, CPR mask.

[] Elastic (ACE) bandage, triangular bandage.

[] A printed, up-to-date first-aid manual.

[] **Add Personal & Specialized Items:**

[] A 30-day supply of all personal prescription medications.

[] EpiPens, inhalers, or diabetic supplies as needed.

[] **Set a recurring 6-month calendar reminder** to check all expiration dates and restock any used supplies.

Mission 3: Learn Lifesaving Skills

Your goal: To gain the confidence and competence to act effectively in a medical emergency.

[] **Enroll in a certified "First Aid/CPR/AED" course** (check the American Red Cross or American Heart Association for local classes).

[] **Learn to Assess a Scene** for safety and a patient for responsiveness.

[] **Learn to treat the "Big Three" Life Threats:** Severe Bleeding, Choking, and Sudden Cardiac Arrest.

[] **Learn to manage common injuries** like burns, sprains, and fractures.

[] **Learn to recognize major medical events** like a stroke (F.A.S.T.), seizure, and severe allergic reaction.

[] **Download the official "First Aid: American Red Cross" app** on your smartphone for a quick reference guide.

[] **Set a calendar reminder to get recertified** every two years to keep your skills sharp.

Mission 4: Create Your Maintenance & Communication Plan

Your goal: To build long-term health resilience and ensure you can get help in a crisis.

[] **Develop a Health Maintenance Routine:**

[] Focus on a consistent, healthy diet and proper hydration.

- [] Incorporate regular movement (cardio, strength, and flexibility).
- [] Prioritize getting 7-9 hours of quality sleep per night.
- [] Regularly practice a stress management technique that works for you.

[] **Set Up Emergency Communication Methods:**

- [] Wear a **medical ID bracelet or necklace** if you have a critical health condition.
- [] Set up the "**Medical ID / In Case of Emergency (ICE)**" feature on your smartphone's lock screen.
- [] Create a "**Vial of Life**" by putting a copy of your health profile in a baggie in your refrigerator door and a sticker on your front door.

[] **Build Your Support Network:**

- [] Identify your **Tier 1 (Inner Circle)** and **Tier 2 (Local Backup)** support people.
- [] Have "The Talk": Give your Tier 1 support a copy of your health profile and discuss your wishes.
- [] Provide your Tier 2 support with the contact info for your Tier 1 support.