



# Get Ready For Care

Watch the "Get Care When You Need it Fast" video at [etf.wi.gov/videos](http://etf.wi.gov/videos)

You never know when you'll need medical care. Fill out this worksheet so you are better prepared when the unexpected happens.



Save your answers in an easy to find place on your phone



## Who's Your Primary Care Provider?

**Family Member:** \_\_\_\_\_

**Provider and/or** \_\_\_\_\_

**Clinic:** \_\_\_\_\_

**Office Number:** \_\_\_\_\_



## Who Are Your Emergency Contacts?

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_



## Find Your Nearest...

**Urgent Care:** \_\_\_\_\_ **Hours:** \_\_\_\_\_

**Emergency Room:** \_\_\_\_\_



## Add These Numbers to Your Phone

**Nurse line:** \_\_\_\_\_ **Dentist:** \_\_\_\_\_

**Pharmacy:** \_\_\_\_\_ **Other:** \_\_\_\_\_

**Health Plan:** \_\_\_\_\_ **Other:** \_\_\_\_\_



## Carry Your Cards

- Health Insurance
- Pharmacy
- Flexible Spending Account or Health Savings Account debit card



## Download the App

Many health plans offer a mobile app that let's you access yours and your family members' medical record(s). This can be really helpful when you're receiving care, especially if it's not from your regular doctor.



## Know Your Medications & Allergies

Medications include those you have been prescribed, over-the-counter medicine or supplements. Medication can be in the many different forms, such as a pill, liquid or inhaler. Store in your phone the:

- Drug name
- Dose (*how much you take, such as 5mg or 10ml*)
- Frequency (*when and how often you take it, such as once in the morning, twice a day*)

Allergies aren't limited to medication allergies but also allergies such as bug stings, foods and dyes. On your phone, store your allergies and the type of reactions you have such as hives, swelling or trouble breathing.



## Find Your Immunization Dates

Being able to find your last immunization date for all immunizations is important. For urgent or emergency situations, make sure you know when you last got your tetanus shot. View your records at [dhfswir.org](http://dhfswir.org) if you received immunizations in Wisconsin.



## Know Your Medical Events

Often times it is important for a health care provider to know about any surgeries, hospitalizations or other medical events that you have experienced. By knowing these events, it is easier for providers to diagnose you, treat your current symptoms and avoid complications.



## Learn About Telehealth / Virtual Visits

Look up your plan's telehealth options, set up access and learn how to use it so that you are ready when something comes up. You can find your plan's telehealth offerings in the related resources section next to the video.