

# Emergency 411

➡ From logging your critical information and keeping track of your important numbers to tucking away paperwork, use this tab to get your basics in order.

Name	_____	_____
Date of birth	_____	_____
Driver's license #	_____	_____
Social Security #	_____	_____
Place of birth	_____	_____
Cell phone	_____	_____
Work phone	_____	_____
Fax	_____	_____
Email address	_____	_____
Email address 2	_____	_____
Instant messenger name	_____	_____
Employer/supervisor	_____	_____
Employer main line	_____	_____
Supervisor email	_____	_____
Employer address	_____	_____
Office emergency #	_____	_____
Mom (name and number)	_____	_____
Dad (name and number)	_____	_____
Neighbor	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Local police department	_____	_____
Local fire department	_____	_____
Poison control	_____	_____
Nearest hospital	_____	_____
Vet	_____	_____
Auto club/mechanic	_____	_____
_____	_____	_____

## Our Emergency Plan

(e.g., call Mom, meet at her house...):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TIP: Memorize your spouse's social security number (and your own, if you haven't already!). You'd be surprised how often you'll need to know it for various forms and registrations.**



Find out how to create a foolproof emergency plan—every couple needs one.  
 >>[TheNest.com/emergency](http://TheNest.com/emergency)

# Medical 411

➡ Keep track of your medical history, insurance company policy changes, medical receipts, and the like in this tab.

Name	_____	_____
Primary physician	_____	_____
Phone/pager	_____	_____
Address	_____	_____
Website	_____	_____
Specialist	_____	_____
Phone	_____	_____
Address	_____	_____
Website	_____	_____
Specialist	_____	_____
Phone	_____	_____
Address	_____	_____
Website	_____	_____
Dentist	_____	_____
Phone	_____	_____
Address	_____	_____
Website	_____	_____
Medical history (including blood type)	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
Food allergies	_____	_____
Other allergies (e.g., drug)	_____	_____
Medical insurance co.	_____	_____
Policy #	_____	_____
Group #	_____	_____
Dental insurance co.	_____	_____
Policy #	_____	_____
Group #	_____	_____

**TIP: In case of an emergency, grab this sheet and take it with you.**

**[n]** Download another copy of this 411 finder, or any other sheets in this binder.  
 >>[TheNest.com/worksheets](http://TheNest.com/worksheets)