

My Life Capsule Instructions

My Life Capsule is a way to make your medical information available to medical personnel when an emergency occurs in your home. The capsule looks like an empty pill bottle and it has a form to write important up to date medical information.

How it Works

Write the medical information requested on the form. Try to fill in all the spaces so emergency medical personnel have all the information they need to give you the best care in a timely fashion. Fold the form in a way that it fits in the capsule and secure the lid. Place the capsule in an obvious place in your refrigerator and secure the enclosed magnet on the front of your refrigerator. This alerts emergency personnel that you have a “My Life Capsule” in the event that you are unconscious or cannot speak.

Why We Use the Refrigerator

We use the refrigerator because everyone has one in their home. This way, emergency personnel only have to check in one place for the medical information. This saves time in an emergency situation.

Benefits for You

If the information is kept updated, emergency personnel will not have to transport your medications, health card, or insurance cards to the hospital. These items are at risk of becoming lost should they be removed from your home. The My Life Capsule is a quick way to make your medical information available to emergency personnel when an emergency occurs in your home.

Questions?

If you have questions or require a new patient information form, contact Emergency Medical Services at (306) 766-6250 or visit www.rqhealth.ca.

Remember to update your patient information sheet as your medical information changes.

