

THE FILE OF LIFE PROGRAM

The New Providence Health Department initiated the "FILE OF LIFE PROGRAM" for the senior citizen residents several years ago. The purpose of this system is to record pertinent health and medical information on a special two-sided card that fits into a magnetized envelope that is placed in a prominent spot on the outside of the refrigerator door. A duplicate wallet-sized version of this larger card is also provided to you so that this valuable medical information will be with you at all times and easily accessible to emergency medical personnel in the event of a true emergency.

The "FILE OF LIFE PROGRAM" continues to be available to all New Providence Senior Citizens. To schedule your appointment call the Public Health Nurse, Janice Gironda at (908) 464-7308 or Peggy Brodeur, the Senior Center Coordinator, at (908) 665-0046. This system has the support of the New Providence Police Department, Rescue Squad, and Fire Department.

Please bring all your important Health & Medical information with you for your appointment. This is also the time to update or revise the information previously recorded on your **FILE OF LIFE** card.

THE FOLLOWING INFORMATION SHOULD BE INCLUDED:

- **EMERGENCY CONTACTS: NAMES & PHONE NUMBERS**
- **PHYSICIANS NAMES & PHONE NUMBERS**
- **MEDICAL CONDITIONS & SPECIAL HEALTH PROBLEMS**
- **RECENT SURGERIES & KNOWN ALLERGIES**
- **MEDICATION REGIME: DOSAGE & FREQUENCY**
- **MEDICAL HEALTH INSURANCE & BLOOD TYPE**
- **ADVANCE DIRECTIVES & LIVING WILL INFORMATION**
- **RELIGIOUS PREFERENCE**