

Wearing a Medical Alert

Wearing a medical alert is important if you take insulin. It will alert people that you have diabetes if you are ever unconscious or unable to communicate. If you have other medical conditions or drug allergies, they can also be engraved on your medical alert.

Medical alerts come in all shapes and sizes, so find one that you will wear all the time. You can choose from bracelets, necklaces, charms, and even dog tags. Your diagnosis and “on insulin,” as well as any drug allergies, are most important to have on the medical alert.

The decision to have phone numbers and names on the alert is a personal choice. The size of the medical alert you select will also limit how much information can be engraved. Keep in mind, you don't even have to get one that is engraved. The most important thing is to get one and wear it.

Resources for Medical Alert Jewelry

American Medical ID
www.AmericanMedical-ID.com
1-800-363-5985

Fifty50
<http://fifty50.com/>
1-800-746-7505

Lauren's Hope
www.LaurensHope.com
1-800-360-8680

Lifetag
<http://lifetag-alert.stores.yahoo.net/>
1-888-LIFETAG

MedicAlert
<http://www.medicalert.com/home/Homegradient.aspx>
1-888-633-4298

Rescue Me IDs
<http://www.rescuemeids.com/>
info@RescueMeIDs.com
1-866-713-3808

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MyID Sleeve Medical ID
(for smartwatches)

<https://shop.getmyid.com/products/myid-sleeve-medical-id>
info@getmyid.com
(888) 500-9720

Updated 2/17/19

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

[No Exceptions](#)

[Giving Emergency Glucagon](#)

[Treating Hypoglycemia](#)

[What is DKA?](#)

[Monitoring Ketones](#)

Sources

- [American Medical ID](#)
- [Fifty50](#)
- [Lauren's Hope](#)
- [Lifetag](#)
- [MedicAlert](#)
- [My ID](#)

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