

Portable Health Profile Flash Drive

Contributed by Brunhilde Tober-Meyer, Member of the Washington County S.A.L.T. Council.

Various agencies in Northeast Tennessee are encouraging the folks in this area to enter all their medical information onto a USB flash drive and carry it with them on a key chain or as a medical pendant or on a business card size computer disk in your wallet. This Portable Health Profile flash drive is preloaded with a software program that works on Windows-based computers. The device is available at no cost for seniors over 60 years old from the local Senior Centers. It comes preloaded with a program and allows you to store the medical profile for up to 5 persons. You can password protect all this information except the first page with your name, address, and emergency contacts.

Examples of what can be entered into the program:

1. Your medical history, including conditions, family history, surgeries, immunizations, hospitalizations.
2. Medications you are currently taking including prescriptions, over-the-counter drugs, supplements, eye glass prescriptions.
3. Allergies.
4. Identification including photo, driver's license, fingerprints, current physicians, insurance numbers.
5. Medical images like EKG, MRI, X-rays, lab reports, diabetes monitoring.
6. Legal documents needed in case of an emergency such as Living Will and Medical Power of Attorney.

Now you can finally have peace of mind by having your complete care information readily available at all times. The Portable Health Profile allows you to easily document, organize, store, update and retrieve all your important medical information in one small flash drive or on a business card-size computer disk. In the case of an emergency this information will then be available to the medical personnel in the hospital or in the ambulance. Physicians and nurses at the Johnson City Medical Center are familiar with this flash drive/CD and know to retrieve the information in case of an emergency. And remember, you can password-protect the medical information; only medical personnel have access to this information if you or your emergency contacts disclose the password.