

My Emergency Contact List



Write in numbers for each family member. Keep this list near your telephone.

Give a copy of it to babysitters, teachers, and anyone who might need to call your family's health plan or doctors.

Emergencies: 9-1-1

Poison Action Hotline: 1-800-222-1222

Our health plan phone numbers:

Urgent care clinic: _____

Member/Customer services: _____

My primary care doctor: _____

Spouse/partner's primary care doctor: _____

Children's primary care doctor(s): _____

Our membership numbers:

My membership number: _____

Spouse/partner's membership number: _____

Children's membership numbers: _____

Our family's phone numbers:

My work number: _____ My cell number: _____

Spouse/partner's work number: _____ Cell number: _____

Children's school numbers: _____

Children's cell numbers: _____