

SURVIVING & THRIVING
Know your Numbers

Ht: _____
 Wt: _____
 BMI: _____
 HR/BP: _____

FBG/HbA1C:	Total Chol:	Triglyc:	HDL:	LDL:
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Ejection Fraction: _____
 (Date: m/d/yr after entry)

Ht = Height (inches)	HbA1C = Hemoglobin A1c (%)
Wt = Weight (pounds)	Total Chol = Total Cholesterol (mg/dL)
BMI = Body Mass Index (kg/m ²)	Triglyc = Triglycerides (mg/dL)
HR = Heart Rate (bpm)	HDL = High-Density Lipoproteins (mg/dL)
BP = Blood Pressure (mmHg)	LDL = Low-Density Lipoproteins (mg/dL)
FBG = Fasting Blood Glucose (mg/dL)	Ejection Fraction (%)

SURVIVING & THRIVING
Plan B

Name: _____

DOB: _____

Allergies: _____

Medications: _____

Implantable Devices: _____

Medical Hx:	Surgical Hx:	Contacts:
_____	_____	PMD: _____
_____	_____	_____
_____	_____	Cardio: _____
_____	_____	_____
_____	_____	Proxy: _____
_____	_____	_____
_____	_____	Other: _____
_____	_____	_____

Attach ECG: Photo Copy

Instructions for Surviving and Thriving Card

1. With a printer that is capable of duplex (double-sided) printing, please print the “Know Your Numbers” and “Plan B” pages of the Surviving and Thriving card on the same sheet of paper.
 - i. If the printer is not capable of duplex printing, please print the “Know Your Numbers” and “Plan B” pages separately and adhere them together via glue, tape, staple, etc.
2. With a writing utensil (preferably a pen), please fill out the required information on the Surviving and Thriving card.
 - i. Please attach a photocopy of most recent electrocardiogram (ECG) to the Surviving and Thriving card, or keep them separate but in close proximity to each other.
3. Please fold the completed Surviving and Thriving card along the perforation (dotted line).
4. Please store the completed Surviving and Thriving card in a wallet, purse, handbag, etc. to ensure ease of accessibility.