

Take Action Now To Protect Your Family In An Emergency Situation

*Unique online service delivers tools to prepare and plan for
a natural or man-made disaster*

Earthquakes, hurricanes, wildfires, terrorist attacks can all strike with little or no warning. Are you prepared to act quickly and protect your family in the face of an emergency?

Disasters disrupt hundreds of thousands of lives each year. Recent events such as the series of tornadoes and severe Midwest flooding highlight the need to have a family plan in place so you are ready to respond if the worst happens.

The Department of Homeland Security suggests committing a weekend to emergency preparedness efforts including updating telephone numbers, buying emergency supplies and reviewing your plan with your family.

MyVitalData™, a unique online service to assist you in managing your emergency health information, can also aid you in planning for disaster situations. You will find tools that help you prepare for natural and man-made disasters, including tips to protect your family and your home in an emergency situation, and links to the key government agencies that handle our country's disaster preparedness and response efforts.

With MyVitalData you have the ability to coordinate several elements of your family plan in one central, secure and accessible online location.

Here are some key elements to include in your family emergency plan:

- **Health Information** – Families can easily become separated during an emergency. With MyVitalData you can have the peace of mind that your family's health information is where it needs to be – in the hands of the first responders providing medical treatment. Members trust MyVitalData's secure online Emergency Communication Gateway™ to deliver their family's health history, including allergies and medications, to authorized healthcare professionals. And, through MyVitalData's Provider Authentication Process™ members can be assured that only authorized healthcare professionals will be given access to their records in an emergency.
- **Emergency Contacts** – Knowing your family is safe during an emergency will reduce fear and anxiety, and allow you to remain in control of the situation. MyVitalData provides an alerting feature that automatically notifies you, via cell phone text message or e-mail, about when and where your family members are receiving emergency care.
- **Key Family Documents** – Experts recommend the inclusion of multiple copies of important documents such as birth certificates, identification, health insurance cards, advance directives, titles, deeds and other financial information in your emergency preparedness kit. With MyVitalData's Online Safety Deposit Box, you can securely store

your vital personal records and even print additional copies to place in your preparedness kits or to have on hand in the event of an evacuation.

Also, for insurance purposes the MyVitalData Online Safety Deposit Box allows you to upload videos and pictures of personal belongings that can be downloaded and given to claims adjusters in the event the personal items are ever lost, stolen or destroyed.

- Emergency Preparedness Kit – During a disaster, you could be “cut off” from the outside world for several days. It is critical to have an emergency preparedness kit in your home stocked with basic necessities. The MyVitalData Web site offers members pre-packaged kits for purchase or directs members who want to assemble their own kit to visit www.ready.gov for a complete list of items suggested for inclusion in the kit.

Enrollment in MyVitalData is easy and can be done in a few minutes at www.myvitaldata.com. Upon completing the enrollment process, you can immediately print out your MyVitalData ID card and, within a few business days, you’ll receive a New Member Packet containing decals and magnets that alert emergency professionals to your MyVitalData member status.

The packet also includes a one-page guide on the four steps to planning for an emergency recommended by www.ready.gov. And, a one-page tip sheet on recognizing symptoms of common health emergencies is also included. These guides can be utilized to prepare your family and shared with your friends.

As the old saying goes, the best defense is a good offense. Prepare for the worst-case scenario and be ready to respond.

To learn more about MyVitalData or to become a member, go to www.myvitaldata.com or call 1-888-MVD-DATA (683-3282).