



Vial of Life User's Guide

There are two containers in the Vial of Life (**VOL**) kit — one is for your home, and the other is for your auto. Both containers store your medical information in an orange prescription bottle. The “Home” VOL goes in your freezer. The “**Auto**” VOL has a **red marking** on the lid and goes in the glove box of your car. Both Vials will provide first responders with information that could save your life in the event of a medical emergency. These vials are recognized by the Cumberland Medical Center and the county's First Responders. Both are familiar with the Vial of Life program.

The “**Home**” Vial of Life contains:

1. Instructions on what to do with the contents
2. Two Medical Information Forms for you to use to record the following information:
 - o Your name and other basic personal information
 - o Names of your physicians
 - o Emergency contact person(s), Next of Kin contact and phone numbers
 - o Whether or not you have an **Advance Care Plan**, **POST Form** and an **Appointment of Health Care Agent** directive on file and its location*
 - o A concise description of your medications, surgeries, allergies, etc.
 - o A checklist of medical conditions
3. A neon orange cardstock label to identify the vial
4. Two neon orange stickers for front & next-most-used door of your home
5. A small white VOL sticker to put on the freezer door to help identify the Home vial's location
6. A notice regarding the need to notify your designated “In Case of Emergency” (ICE) Contacts that they are listed on your Medical Information Form and to provide them with an ICE Contact Form** containing your private medical information. Also, identify all your ICE contacts on your cell phone contact list.

The “**Auto**” Vial of Life contains all the same items minus the two neon orange stickers. Both the “**Home**” and “**Auto**” Vials of Life contain Medical Information Forms for two people. Complete the Medical Information Forms and put them back in the vials. Then put the “Home” Vial of Life in your freezer and put the small white VOL sticker on your freezer door. Put the “**Auto**” Vial of Life in the glove box of your car and put the small yellow VOL sticker on the glove box door. Additional Auto vials and stickers are available at FGRS, if needed.

Put one neon orange VOL sticker on the front door of your house. Put the second orange sticker on the most often-used secondary entrance door. These stickers alert First Responders that you have a Vial of Life in the freezer compartment of your refrigerator.

* **NOTE:** The VOL Medical Information Form allows participants to identify the location of their **Tennessee Advance Care Plan** and **Appointment of Health Care Agent** documents. Some individuals may want to have a ‘Do Not Resuscitate’ (DNR) directive included. In TN that form is called a: **POST (Physician Orders for Scope of Treatment)** Forms. POST is a form filled out by your physician during a consultation with you about your wishes for care in an emergency or in the event of a terminal disease.

** **IMPORTANT:** Make sure your Emergency Contact has an “In Case of Emergency” (**ICE**) Contact Form. Give this form to each of your designated Emergency Contacts. It contains private information that would be necessary in a health crisis. This form (as well as VOL Medical Information Forms) are available on the internet at www.FGRServices.org You can also obtain these forms by emailing FGRSoffice@frontier.com or by stopping at the FGRS Center at Suite 102, Fairfield Towne Center, 4929 Peavine Road. Call 931-456-7272 for FGRS Hours.

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