

The Do's and Don'ts of Medical Alert Bracelets

Medical alert jewelry can save your life. Your bracelet can give important medical information in an emergency when you can't speak for yourself. Follow this checklist when choosing and wearing a medical alert bracelet to stay safe.

Do: Talk with your healthcare provider about whether medical alert jewelry is right for you. People with certain medical conditions and allergies can benefit from having a medical alert bracelet. Do: Put the correct information on your jewelry. List your medical condition, medications, if you have medical devices and any other important medical information.

Do: Wear your medical alert jewelry at all times, unless it is not recommended by your healthcare provider. Do: Keep your medical alert jewelry up to date. If your health status changes, get a new bracelet.

Do not: Include personal information like your Social Security Number or address (unless you are living with dementia). Do not: Forget to measure your wrist when you order your bracelet. Your bracelet should fit properly so it's not too big or too small.

Most emergency responders are trained to look for medical alert jewelry. If you think you should wear one, talk to your healthcare provider. Follow this checklist to wear your medical alert bracelet safely.