

## Origin of the File of Life

The “File of Life ®” was first created over twenty years ago as the life-saving program, The “Vial of Life ®”. The “Vial of Life” was a small prescription vial kept inside one’s refrigerator. It contained valuable medical information. While a great idea, the vial proved to be too small, was hard to locate, and its contents became damp.

The “File of Life ®” contains the same vital information as the “Vial of Life” but it is easier to find by Emergency Medical Responders. Because it is placed on the outside of the refrigerator, the information stays dry and intact.

Emergency personnel have found that the information contained in the “File of Life ®” is helpful, and potentially life-saving.

The refrigerator magnet was created by the “File of Life ®” Foundation, Inc. Springfield, Massachusetts.



Proud supporter of  
the Plymouth County TRIAD initiative



## File of Life Program

### The Senior Protection Unit

The Plymouth County  
District Attorney’s Office

166 Main Street  
Brockton, MA 02301

508-584-8120

[www.plymouthda.com](http://www.plymouthda.com)

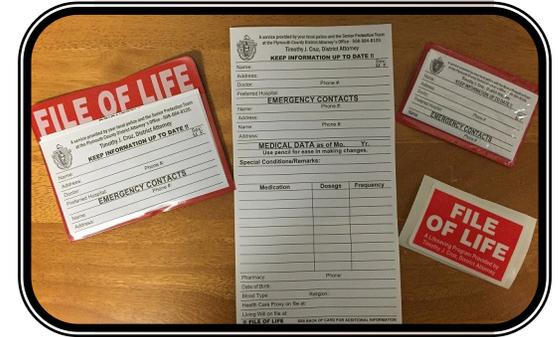


**TIMOTHY J. CRUZ**  
Plymouth County District Attorney

## The Plymouth County District Attorney’s Office



## File of Life Program



### The Senior Protection Unit



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District Attorney

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## A Message from the District Attorney:



Our public safety officials have taken the initiative to provide our communities with lifesaving devices such as enhanced 9-1-1.

Through my office, a lifesaving program, the "File of Life ®", is available to all households in Plymouth County. The "File of Life ®" compliments the enhanced 9-1-1 system. It is a miniature medical history file, that is posted on the outside of your refrigerator, and a smaller version which is placed either in your wallet or the glove compartment of your vehicle. In the event of an emergency, E.M.T's, Firefighters and Police Officers who are dispatched to your home or vehicle will know where to find it.

I recommend that all members of your family fill out a "File of Life ®", and place it on your refrigerator, and in the glove compartment of your car.

Sincerely,

A handwritten signature in black ink that reads "Timothy J. Cruz".

Timothy J. Cruz  
District Attorney

## What is the "File of Life ®"?

The "File of Life®" is a miniature medical history that is kept in a red plastic sleeve with a magnetic strip. Once the history card is filled out, it is placed back in the sleeve. The magnetic sleeve is then placed on the outside of the refrigerator in a visible place.

A smaller version is also filled out and placed either in your wallet, purse or the glove compartment of your vehicle. A specially designed decal is then placed on the inside left corner of the rear windshield, on the driver's side to indicate the "File of Life®" is present inside the vehicle. Once emergency responders see this decal, they will know where to look for the "File of Life ®".

The "File of Life®" details a person's name, their emergency medical contacts and insurance policy information. It details current health problems, current medications and dosages. It lists allergies, recent surgeries, your doctor's name and phone number, your health care proxy information and your religious affiliation.

## Who will utilize the "File of Life ®"?

In the event of an emergency  
the "File of Life ®" will be utilized by:

- ◆ **Police Officers**
- ◆ **Emergency Medical Technicians**
- ◆ **Fire Fighters**
- ◆ **Hospital Emergency Staff**

## Benefits of the "File of Life ®"

The "File of Life ®" enables emergency personnel to obtain a quick medical history when a patient is unable to give one. The complete "File of Life ®" sleeve, is taken off the refrigerator, out of the purse, wallet or vehicle and will accompany the patient to the hospital. Emergency room staff will have a quick medical history at their fingertips. This valuable information enables a quicker medical response time.

## Where can I get a File of Life ®?

The "File of Life ®" is available by contacting the Plymouth County District Attorney's Senior Protection Unit at: **508-584-8120**.

## Senior Statistics

- ◆ Senior Citizens comprise the most rapidly growing segment of our society.
- ◆ By July 1, 2010, 13.8% of the residents of Massachusetts were 65 years and older. \*
- ◆ Massachusetts ranks 13th in the nation for the highest population percentage of residents 65 and older.\*\*

\*(University of Massachusetts, Donahue Institute-Population Estimates Program, May 5, 2011-Summary of the Census 2010 Demographic Profile Data [DP-1 for Massachusetts],

\*\* (U.S. Census Bureau, The older Population:2010 Census Briefs)