



# The I.C.E. Card

(In Case of Emergency)

Should an emergency arise, your emergency contact and medical information is readily accessible to emergency personnel or bystanders with the use of QR code technology or utilize phone texting technology.

You can enter as much or as little information you would like to share in an emergency. We give you a voice when you can't speak.

## HOW DO I SIGN UP?

- 1 GO** to [avoice4u.com](http://avoice4u.com) to enroll.
- 2 CLICK** Individual Plan to sign up.
- 3 ENTER** your custom coupon code.
- 4 FILL OUT**
  - Your name and cell phone number
  - Your emergency contact's name and cell phone number
  - Medical condition(s) and medications
  - Known allergies
  - Other potential life-saving information

## AFTER SIGN UP:

- Individualized cards and stickers will be mailed to you within 3 business days.
  - Carry your I.C.E card & I.C.E. keychain with you at all times. Place I.C.E. stickers everywhere first responders or bystanders may look; cell phone stickers, jewelry, motorcycle/bike helmets, etc.
  - Teach your family and friends what this is and how to use it.
- Flip card over for easy instructions.



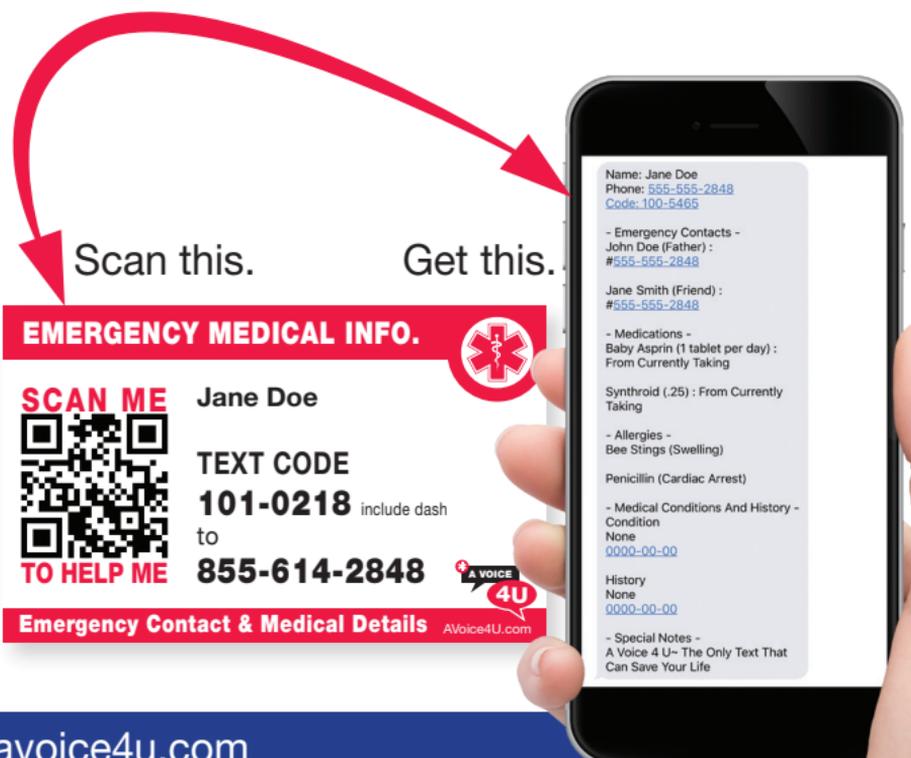
# TEACH YOUR FRIENDS & FAMILY WHAT TO DO IF THEY FIND YOU UNRESPONSIVE

- 1 CALL** 911.
- 2 LOCATE** their A Voice 4 U membership on you and/or your driver license, in their wallet, or key chain, or on their cell phone.
- 3 USE** a QR scanning app, scan the QR code as if taking a picture. Click on the image that appears and hit send.

Download a QR Code scanner if you do not have one existing on your phone.

- 4 IF** you don't have a QR code scanning app, simply text the toll free number and enter the code (include dash) and hit send..
- 5 WITHIN SECONDS**, information will be sent to the recipients phone with emergency contacts and medical information

Scan this.                      Get this.



**EMERGENCY MEDICAL INFO.**

**SCAN ME** Jane Doe

**TEXT CODE** 101-0218 include dash

**TO HELP ME** 855-614-2848

**Emergency Contact & Medical Details** AVoice4U.com

Name: Jane Doe  
Phone: 555-555-2848  
Code: 100-5465

- Emergency Contacts -  
John Doe (Father) :  
#555-555-2848

Jane Smith (Friend) :  
#555-555-2848

- Medications -  
Baby Aspirin (1 tablet per day) :  
From Currently Taking

Synthroid (.25) : From Currently Taking

- Allergies -  
Bee Stings (Swelling)

Penicillin (Cardiac Arrest)

- Medical Conditions And History -  
Condition  
None  
0000-00-00

History  
None  
0000-00-00

- Special Notes -  
A Voice 4 U- The Only Text That Can Save Your Life