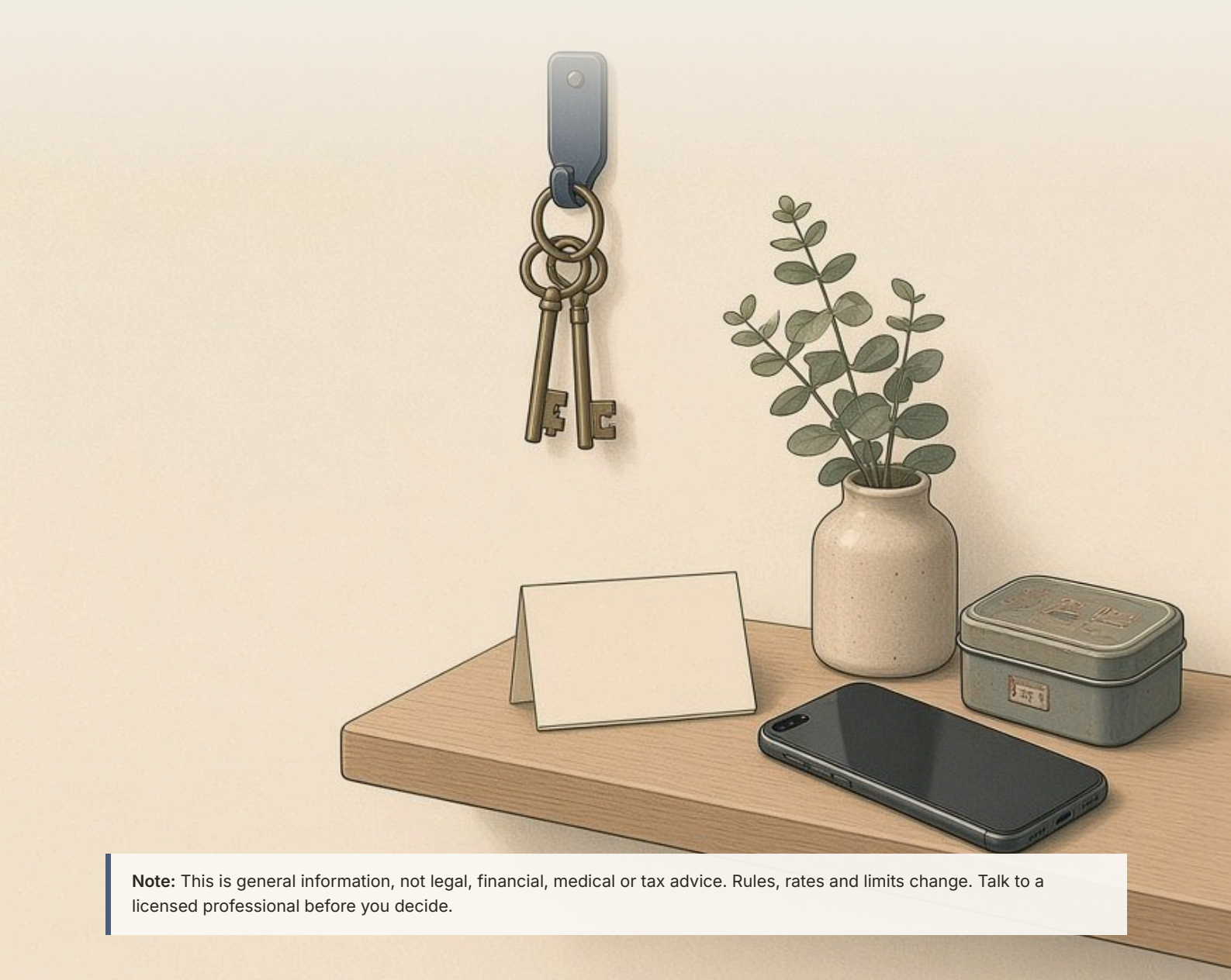
FREE WORKSHEET · SOLO HOUSEHOLD ADMIN

ICE & *Emergency* Contacts Card

A one-page card for a household of one: who to call first, where a spare key is held, and how a trusted person finds your doctor, landlord and insurer. Keep one copy at home and give one to the person you have chosen.

Prepared by Gustav Emilio. · November 2026 · Fill in by hand. Keep a copy with someone you have chosen. · themissingprompt.com



Note: This is general information, not legal, financial, medical or tax advice. Rules, rates and limits change. Talk to a licensed professional before you decide.

01 Your details

Full name

Preferred name

Address

Local emergency number

02 Who to call first

Chosen person — name

Phone

Relationship / how you know them

They hold a spare key? Y / N

03 If you cannot act

Medical proxy or healthcare directive — name

Phone

Where the signed document is kept

04 Doctor, landlord, insurer

Doctor or clinic

Phone

Pharmacy

Phone

Health insurer · policy no.

Phone

Landlord or building manager

Phone

Home or renter insurer · policy no.

Phone

05 Optional notes a first responder may need

Allergies, conditions, or language needs — only what you choose to write. This is not medical advice.

A starter card. The Solo Autonomy Operating System keeps a fuller ICE and medical-directive directory, with a review date, in one place — at Solo by Choice.

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