



## DIRECTIONS FOR PREPARING YOUR “LINK TO LIFE” CAPSULE

Your “Link to Life” Capsule makes it easy to have important medical information ready in case assistance is needed. Once completed, your information will be in the capsule. Emergency personnel in the community have been notified to look for special “Link to Life” Capsules in the top shelf of your refrigerator’s door.

Follow these simple steps for preparing your “Link to Life” Capsule:

1. USE A BALL POINT PEN AND PRINT CLEARLY to fill in the blanks on your “Link to Life” Information Sheet (on the reverse).
2. Tightly roll up the completed form and put it inside the capsule. Then, put the cap on the capsule.
3. Place the capsule in the top shelf of your refrigerator’s door.
4. It is important for you to keep your “Link to Life” Capsule information up-to-date. Additional information forms may be obtained from The Bellevue Hospital, or go to The Bellevue Hospital website at <http://www.bellevuehospital.com>, then click on the “LINK TO LIFE” button.

**Remember, in an emergency DIAL 9-1-1**

If you have any questions about preparing your “Link to Life” Capsule, we invite you to call The Bellevue Hospital’s Community Services department at **419.483.4040, Ext. 6610.**

