

Expat Care Checklist

5 things to set up before you ever need help in Thailand

Tick each one off this week. It takes less than an afternoon.

☐ 1. Save an "ICE" contact in your phone

Save one local contact under the name "ICE" (In Case of Emergency). Pick someone who lives nearby and can reach your door: a friend, a neighbour or your condo office. Add their address in the note. Tell them you did it.

☐ 2. Carry a wallet card

Keep a printed card in your wallet with your name, blood type, allergies, medicines, insurance and your preferred hospital. Use the fill-in card on page 2. Cut it out and keep it behind your ID.

☐ 3. Register at your preferred hospital now

Walk in on a quiet day with your passport and insurance card. Ask to open a patient record (hospital number, HN). Write your HN on your wallet card. Next time, your records are already there.

☐ 4. Give a spare key to someone you trust

Give a spare key to your ICE contact, or keep one in a lockbox. Write down who has it. If you can't get to the door, someone else can.

☐ 5. Write down your medicines in English and Thai

List every medicine and dose. Use the table on page 3, which has English and Thai headings. Keep one copy by the door and one in your wallet.

Want a hand setting this up, or need a caregiver at home? Chat with a care coordinator on WhatsApp: **+66 62 837 0302** · wa.me/66628370302

Quick response, English and Thai speaking. Always on time. 100% Guarantee.

Your wallet card

Fill in, cut out, and keep it with your ID. Print two: one for you, one for your ICE contact.

MEDICAL INFO / ข้อมูลทางการแพทย์

Name / ชื่อ:

Date of birth / วันเกิด:

Blood type / กรุ๊ปเลือด:

Allergies / แพ้ยา หรือ แพ้อาหาร:

Medicines / ยาที่ใช้ประจำ:

CONTACTS / ผู้ติดต่อ

Insurance / ประกันสุขภาพ:

Policy no. / เลขกรมธรรม์:

Preferred hospital / โรงพยาบาล:

Hospital no. (HN):

ICE contact / ผู้ติดต่อ:

Phone / โทร:

Address / ที่อยู่:

My medicines / รายการยาของฉัน

Name: _____ Updated: _____

Medicine ชื่อยา	Dose ขนาดยา	When เวลาที่ทาน	What it's for ใช้รักษา

Allergies / แพ้ยา: _____

Doctor / แพทย์: _____ Hospital / โรงพยาบาล: _____

Elder Thai sends English and Thai speaking caregivers to your condo, home, hotel or hospital bedside. Nurse-guided. From 1,200 baht per 4-hour visit.

WhatsApp **+66 62 837 0302** · elderthai.com