

Medical identification jewellery and wristbands

Some people find it reassuring to have something on them to say they have epilepsy. It could give you more confidence leaving the house. This is a very individual decision, and you should never feel pressured into carrying something if you are not comfortable with it.

Jewellery and wristbands

Medical identification jewellery or wristbands can be easily identified by first responders, ambulance and medical staff and can provide important information about your epilepsy, the medication you take, and who to contact in an emergency. This can be useful in case you have a seizure in public.

Depending on the type of jewellery or wristband, you may be able to have your medical information and contact details engraved on it. Some can be scanned to retrieve medical information.

Finding the right wristband or jewellery

You need to do your own research about wristbands and medical jewellery to suit your needs and budget. To get you started, we have put together some companies you can contact.

Please note this is not an inclusive list, there are many more companies selling medical wristbands and jewellery. The fact we are listing the companies below is not a recommendation.

MedicAlert – unlike all the other commercial companies listed below, MedicAlert are a charity providing medical ID services	www.medicalert.org.uk
Medi-Tag	www.medi-tag.co.uk
SOS Talisman	www.sostalisman.co.uk
Medical Tags UK	www.medicaltags.co.uk
MyMDband	www.mymdband.co.uk
Butler & Grace	www.butlerandgrace.co
The ID band company	www.theidbandco.com
Mediband	www.mediband.com
Tap2tag	www.tap2tag.me
Universal Medical ID	www.universalmedicalid.co.uk

Medical ID card

You can also carry a card with you, which has a space for emergency contact details, medication, and the type of seizures you have.

You can get 'I have epilepsy' cards from us. They are free, and we will post them anywhere in the UK.

To request a card, contact us on our helpline on 0808 800 2200 or email us at contact@epilepsyscotland.org.uk.

Our resources are always free. If you would like to support our work please text FACTS to 70085 to donate £3. Texts cost £3 plus one standard rate message.



www.epilepsyscotland.org.uk

Freephone helpline: 0808 800 2200

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