



Designed in Australia - since 2004



SCAN TO SHOP

## THE ENGRAVING GUIDE

# What to put on your medical ID.

Eight conditions. Twenty-two years of feedback from paramedics, GPs and the people who wear our bands every day. The exact lines to engrave - and the ones to leave off.

## INSIDE THIS GUIDE

Diabetes / Epilepsy / Anaphylaxis / GLP-1 medicines / Heart & blood thinners / Pacemaker & ICD / Children / Older adults

11 PAGES - FREE GUIDE - EDITION 2026 - AUSTRALIA



Everyday silicone at Milsons Point, Sydney



START HERE

# How a medical ID earns its place

A medical ID works in the first sixty seconds - no battery, no app, no password. It speaks for you when you cannot: after a fall, a crash, a seizure, a severe low, or an allergic reaction. Bystanders read it first, paramedics next, hospital staff after that.



✱ Worn through an ordinary Saturday. A medical ID only works if it is still on the wrist when it is needed.



## Most important first

The condition and the one fact that changes treatment go at the top, in plain block capitals a stranger can read at a glance.



## Clear beats clever

Use only widely understood abbreviations. If a word could be misread, write it in full.



## Keep it reachable

Add ICE and a mobile that answers. Put changeable detail where it is easy to update.

**4.9 / 5**

from 5,518 verified reviews

**22 years**

designed in Sydney since 2004

**NDIS**

registered provider  
4050021192

**Millions**

medical IDs shipped  
worldwide



General information, not medical advice. Confirm what to engrave with your GP or specialist. In an emergency call 000. For health advice call Healthdirect on 1800 022 222. For allergy and anaphylaxis see ASCIA; for resuscitation see ANZCOR.

## THE BUILDING BLOCKS

# The anatomy of a good engraving

Almost every medical ID is built from the same six blocks. Start at the top and stop when the band has said what a responder must know.

1

### Condition or diagnosis

TYPE 1 DIABETES, EPILEPSY, ON ANTICOAGULANT.

2

### The fact that changes care

INSULIN DEPENDENT, PACEMAKER, MRI CONDITIONAL.

3

### Current medication

Where it guides care - WARFARIN, INSULIN.

4

### Allergies

Name it - PENICILLIN, PEANUT. Or NKDA if none.

5

### Emergency contact

ICE, a name and +61 4XX XXX XXX.

6

### Device or extra note

INSULIN PUMP, ICD, or where the auto-injector is.

| Safe to abbreviate                                                                                                                                     | Write in full                                                                                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| T1DM / T2DM (diabetes)<br>AF (atrial fibrillation) CKD (kidney)<br>ICD (defibrillator)<br>NKDA (no known drug allergies)<br>ICE (in case of emergency) | Any allergen - PEANUT, PENICILLIN<br>Unusual or new medicines<br>Anything a stranger might misread<br>Instructions - DO NOT REMOVE PUMP |



*A medical ID works in the first sixty seconds - no battery, no app. It simply speaks when you cannot.*

## TRUSTED SINCE 2004

### Who else puts Mediband on a wrist

Hospitals, pharmaceutical trials, aged-care providers, schools and condition support bodies order the same bands you do. Clients and partners include:

- \* NSW Health
- \* Diabetes Australia
- \* Bupa Aged Care
- \* Medlab
- \* St Vincent's Health
- \* Boston Children's Hospital
- \* Allergy UK
- \* The King's School, Parramatta
- \* Bristol Myers Squibb
- \* Epilepsy Action
- \* LA County Hospital
- \* NDIS registered provider



## Diabetes



A severe low can be mistaken for drunkenness, stroke or seizure. Responders need to know before they give glucose or insulin.

### WHAT TO ENGRAVE

- TYPE 1 or TYPE 2 DIABETES
- INSULIN DEPENDENT, if it applies
- INSULIN PUMP - DO NOT REMOVE
- ICE contact and allergies, or NKDA

#### FRONT

TYPE 1 DIABETES  
INSULIN PUMP - DO NOT REMOVE

#### BACK

ICE [Name] +61 4XX XXX XXX  
Allergies: Penicillin

\* Add HYPO UNAWARENESS if a low gives you little warning.



## Epilepsy



A seizure in public is often met with panic. The band says what it is, names a medicine, and shows who to call.

### WHAT TO ENGRAVE

- EPILEPSY as the headline
- Seizure type or trigger, if useful
- A key medicine, e.g. KEPPRA
- ICE contact - name and +61 mobile

#### FRONT

EPILEPSY

#### BACK

ICE [Name] +61 4XX XXX XXX  
Keppra | NKDA

\* SEIZURES USUALLY SELF-RESOLVE helps a bystander stay calm.



## Anaphylaxis



Minutes matter. Responders need two things fast: the trigger, and where the adrenaline is kept.

### WHAT TO ENGRAVE

- The trigger, named - PEANUT, BEE VENOM
- EPIPEN or ANAPEN, and where it is
- ASTHMA if it applies
- ICE contact - name and +61 mobile

#### FRONT

ANAPHYLAXIS - PEANUT

#### BACK

ICE Sam Smith +61 412 345 678  
EpiPen in bag x2 | Asthma

\* The band supports - it does not replace - your ASCIA Action Plan.



## GLP-1 medicines



Ozempic, Wegovy, Mounjaro and similar slow stomach emptying - a surgical team must know before sedation.

### WHAT TO ENGRAVE

- ON GLP-1, or the name - OZEMPIC
- TELL ANAESTHETIST BEFORE SEDATION
- Any condition alongside it
- ICE contact - name and +61 mobile

#### FRONT

TYPE 2 DIABETES - ON GLP-1

#### BACK

ICE [Name] +61 4XX XXX XXX  
Ozempic | Tell anaesthetist

\* Never stop a prescribed medicine without your doctor.



## Heart & blood thinners



On an anticoagulant, bleeding and trauma are managed differently. Warfarin and the newer medicines all matter.

### WHAT TO ENGRAVE

- ON ANTICOAGULANT, or the medicine
- The reason, e.g. AF
- ICE contact - name and +61 mobile
- Allergies, or NKDA

#### FRONT

AF - ON ANTICOAGULANT

#### BACK

ICE [Name] +61 4XX XXX XXX

Apixaban (Eliquis) | NKDA

\* Pair brand and generic: Eliquis (apixaban), Xarelto (rivaroxaban).



## Pacemaker & ICD



A defib pad must not sit over the device, and imaging depends on the model. Give the team the first 90 seconds.

### WHAT TO ENGRAVE

- PACEMAKER, or PACEMAKER + ICD
- Model and maker, if you can
- MRI CONDITIONAL or NO MRI
- ICE contact - name and +61 mobile

#### FRONT

PACEMAKER + ICD

MRI CONDITIONAL

#### BACK

Medtronic Azure XT MRI

ICE [Name] +61 4XX XXX XXX

\* Confirm your MRI status with your cardiologist first.



## Children



A child's band is read first by a teacher or coach. Keep it simple and name the parent.

### WHAT TO ENGRAVE

- The condition or the allergen
- Where help is - EPIPEN JR IN OFFICE
- PARENT plus a mobile
- Asthma, if it applies

#### FRONT

PEANUT ALLERGY - ASTHMA

#### BACK

Parent [Name] +61 4XX XXX XXX  
EpiPen Jr in school office

\* Mirror the school or ASCIA Action Plan wording exactly.



## Older adults



One band can carry a condition, a blood thinner and a contact. If wandering is a risk, the contact line matters most.

### WHAT TO ENGRAVE

- The main condition - e.g. DEMENTIA
- A key medicine where it guides care
- MEMORY LOSS if wandering is a risk
- ICE - the carer, with a mobile

#### FRONT

DEMENTIA - ON ANTICOAGULANT

#### BACK

ICE [Carer] +61 4XX XXX XXX  
Warfarin | Memory loss

\* Funding may help: NDIS, Seniors Card, pharmacy, out-of-pocket.

## FROM THE FRONT LINE

# Six things responders wish were on more bands



✱ Read at arm's length, in seconds, by someone who has never met you.



## A reachable contact, formatted

ICE plus a name and a mobile in full - +61 4XX XXX XXX. The single most valued line.



## Blood thinners

ON ANTICOAGULANT, or the medicine. It changes how bleeding is managed from minute one.



## 'Do not remove' for devices

A pump or monitor looks unfamiliar. DO NOT REMOVE PUMP stops it being taken off.



## Allergies plainly, or NKDA

Name the allergen. If there are none, NKDA lets a clinician move faster.



## The one fact that changes care

INSULIN DEPENDENT, MRI CONDITIONAL, ON STEROIDS - the detail that alters the next decision.



## Legible, not crowded

A band read at arm's length beats one packed with detail no one can decipher.

### 5-STAR VERIFIED REVIEW

*"Paramedics saw my Morphine Allergy and Asthmatic Medibands. They LOVED them. They had heard about them but had never seen them. They would love it if more people wore the bands, or medical jewellery, who have serious conditions and allergies. It made their day."*

Sally D. - Australia, verified buyer, Silicone Medical ID Bracelets

## BEFORE YOU ORDER

# What to leave off, and how to order



Leave off: your home address, full date of birth or any government ID number; a long medical history (that belongs on a wallet or device card); invented abbreviations; and anything that changes often engraved where it cannot be updated.

## Choosing a format

| Format                   | Best for                 | Personalising                            |
|--------------------------|--------------------------|------------------------------------------|
| Engraved stainless steel | A permanent, detailed ID | Laser-engraved, made to order            |
| Custom-printed silicone  | Everyday and active wear | Printed to your details, low minimum     |
| Write-on band            | Details that may change  | Hand-write and update yourself           |
| Wallet or device card    | The longer history       | Printed card, carried alongside the band |



### Keep the long version off the band

A band carries the lines a responder needs in the first sixty seconds. Everything longer - full history, medicare and insurance detail, specialist contacts - belongs on a wallet card or a device card that travels with you.



Made to order in Australia. Engraved metal IDs are typically engraved within 24 to 48 hours before dispatch; custom silicone runs depend on quantity, often 10 to 14 business days, with quicker turnarounds available on application. Funding pathways may help: NDIS, the Seniors Card, pharmacy programs and out-of-pocket.

## THE DIGITAL LAYER

# When the band cannot hold it all



## The band says there is a condition. The profile says which.

A MedibandPlus profile carries the longer record  
- conditions, medications, allergies and contacts  
- stored online and opened with the membership  
number or QR code on the band. No app to  
download.

| On the band                                                                                           | In the online profile                                                                                                   |
|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| The condition, the fact that changes care, a medication, a contact - read in seconds, with no device. | The longer record: full condition history, every medication and dose, allergies, specialists and more than one contact. |



### Register your profile

Enter conditions, medications, allergies and contacts at [medibandplus.com](https://medibandplus.com).  
Unlimited updates.



### Link it to your band

Your membership number goes on the band, alongside the condition. It works with any Mediband.



### Responders open it

They enter the number, or scan the QR. No app, no password, no phone call to make.



### See how it works

[medibandplus.com](https://medibandplus.com) - or scan the code with your phone camera. Register a profile, set what each field shares, and update it whenever your details change.

Optional, and yours to control. A MedibandPlus membership is voluntary - every Mediband works perfectly well on its own. Each field can be set to public, hospitals only, or private, and you can update or cancel at any time. It stores and shares the information you enter; it does not monitor you, and it is not a substitute for calling 000.

READY WHEN YOU ARE

# Make yours in minutes

You now have the exact lines that matter, condition by condition. Build your engraving online, choose your format, and wear something that speaks for you when it counts.



✱ Made to be worn every day - not kept in a drawer for emergencies.



## Choose your format

Silicone, engraved steel or write-on - for how you live and what you need to say.



## Enter your lines

Use this guide: condition first, the fact that changes care, medication, allergies, ICE.



## Order and wear it

Made to order and posted. Update it whenever your details change.

**4.9 / 5**

5,518 verified reviews

**NDIS**

registered provider

**Sydney**

family-run since 2004



## Scan to build your medical ID

mediband.com - or scan the code with your phone camera. The full range, the custom engraving builder, and the funding pathways are all there.



## Build your medical ID at mediband.com

Designed in Australia. NDIS-registered. Trusted since 2004. 4.9-star verified customer rating.

General information, not medical advice. Confirm what to engrave with your GP or specialist. In an emergency call 000; for health advice call Healthdirect on 1800 022 222. Product turnaround and funding eligibility vary - see mediband.com for current details.