My Digital Emergency Contact & Action Card

GENERATIONAL KNOWLEDGE LLC

A practical contact and account-access planning worksheet.

Trusted Contacts

Primary Trusted Contact:	Phone#
Backup Trusted Contact:	Phone #

Important Providers

Mobile Carrier Provider	Official Support Phone#
Internet Provider	Official Support Phone#
Travel Insurer /Policy Contact:	Official Support Phone #
Bank or Card Issuer/Number on Card	Customer Service/Support #
Device IMEI stored securely: ▫Yes ▫No	

Where to Find Essential Information

Location of password manager emergency-access instructions:

Location of important device/account documents:

If Your Phone Is Lost, Stolen, or Your Accounts Are Compromised

1. Stay Safe. Do not confront anyone or attempt to retrieve a stolen phone yourself.
2. Secure Your Device. Use Apple's Find My or Google's device-finding service to locate or lock it.
3. Contact Your Providers. Notify your mobile carrier and financial institutions if necessary.
4. Protect Your Accounts. Change affected passwords, review suspicious activity, and contact your trusted person for assistance.
5. Do not record passwords, PINs, full account numbers, or security answers on this card.
6. Use official account recovery and emergency-access features where available.

Review Date

Last reviewed / next review: _____