Contact your American Red Cross account manager to request appointment reminder cards.

Front

Donor name: ____________________________

You have a donation appointment scheduled for the date, time and location listed below.

________________________________________________________________________________

Date Time Location

_________________________________________ ___________________________ ___________________________

Teacher’s name Student’s name

© 2017 The American Red Cross | 06/14 | 3000-APL-00568

Back

Please see the front of this card for your appointment information. Thank you for making a difference in the lives of patients in medical need.

**Please remember to:**

- Show your donor card or ID.
- Save time by completing your health questionnaire online on the day of your donation at redcrossblood.org/ReadiPass.
- Get a good night’s sleep before you donate.
- Eat a healthy meal and drink plenty of non-caffeinated fluids before you donate.
- Maintain a healthy iron level in your diet by eating iron rich foods such as red meat, fish, poultry, beans and spinach.

**HOPE begins with you.**

redcrossblood.org | 1-800-RED CROSS | Download the Blood Donor App

HOPE begins with you.

redcrossblood.org | 1-800-RED CROSS | redcrossblood.org/youthresources