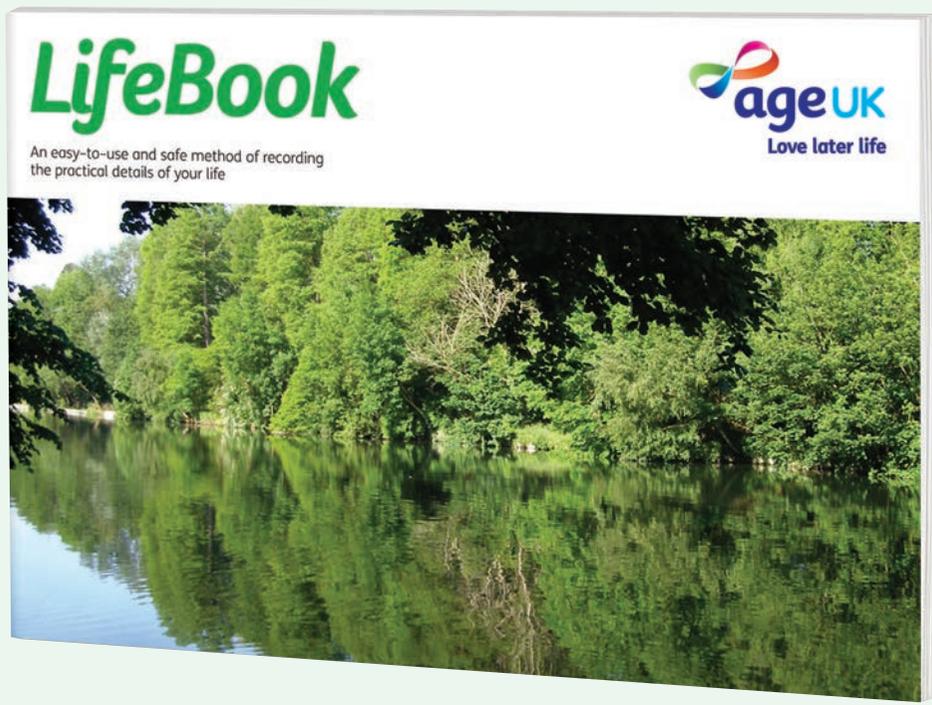


# LifeBook

*The easy, safe and FREE  
way to record the  
practical details of your life.*



# About the Age UK LifeBook

## An introduction to LifeBook

### What is the Age UK LifeBook?

We know that with a million and one things to keep track of, it can be easy to mislay important documents and information. That's why we developed the LifeBook - so you can find exactly what you need without searching through file after file. You can record all sorts of useful details, from who insures your car, to where you put the TV licence.

### Why should I complete it?

The LifeBook will not only help you to be more organised but could also be invaluable to a family member or a friend if they need to locate your important information about you in an emergency.

### How do I use it?

Simply follow the step-by-step instructions to fill in the various sections with your details, contacts and locations of important documents. You don't have to do it all at once - just complete it at your own pace. The LifeBook is available in both a booklet and computer versions.



### Using the LifeBook on your computer

We've also made the Age UK LifeBook service available to use on your computer. This means that you can keep your vital contacts or information in a flexible document on your own computer. To get started or to find out more simply visit

[www.ageuk.org.uk/lifebook](http://www.ageuk.org.uk/lifebook)

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To claim your **FREE Age UK LifeBook** just complete the attached form or call us quoting **ref: LFB201**

**0345 685 1061**

[www.ageuk.org.uk/lifebook](http://www.ageuk.org.uk/lifebook)

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\_\_\_\_\_ **Postcode** \_\_\_\_\_

**Date of birth** \_\_\_\_\_ **Telephone** \_\_\_\_\_

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*Get organised  
and take control...*



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Love later life

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