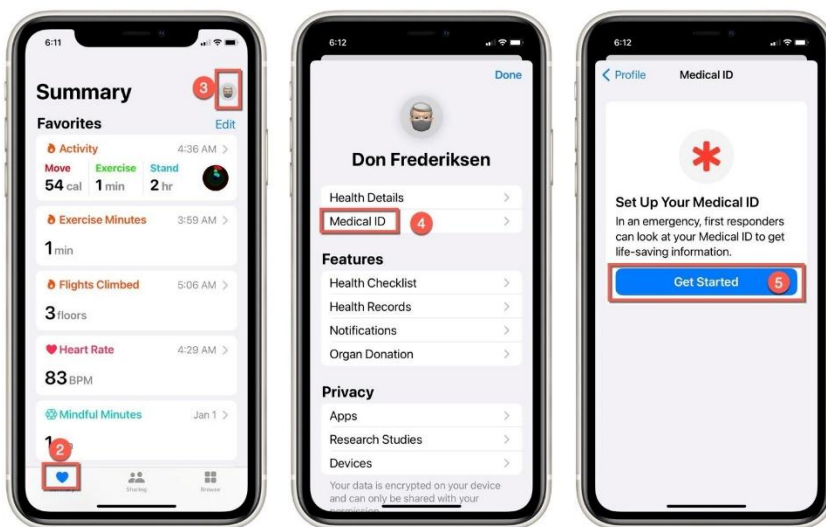
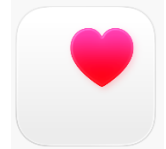


How to Set Up Your Emergency Information

iPhone

Utilise the Health App and Medical ID. Apple's Health app provides a dedicated Medical ID feature that can be accessed from your lock screen.

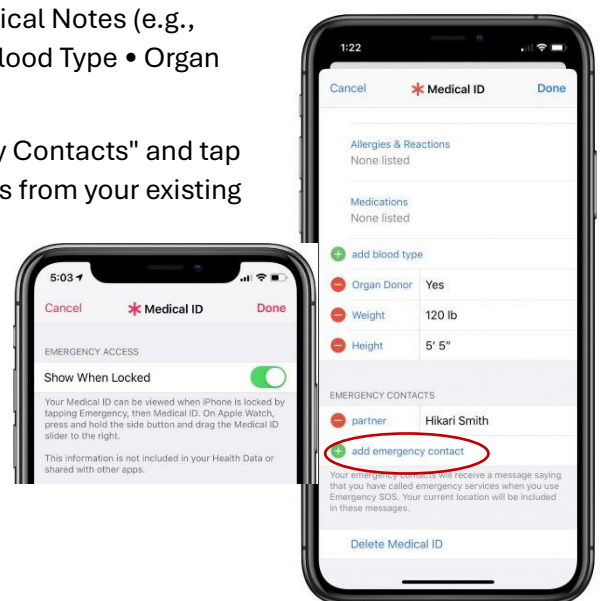
1. Open the Health App: locate and tap the "Health" app icon on your iPhone's home screen.
2. Access Medical ID: Tap your profile picture in the top right corner, then select "Medical ID."



3. Create or Edit: If you haven't set it up before, tap "Get Started." If you have, tap "Edit."
4. Enter Your Information: Fill in as much relevant medical information as possible, including:
 - Medical Conditions (e.g., diabetes, heart conditions) • Medical Notes (e.g., implanted devices) • Allergies & Reactions • Medications • Blood Type • Organ Donor Status • Weight and Height.

4. Add Emergency Contacts: Scroll down to "Emergency Contacts" and tap "Add Emergency Contact." You can choose individuals from your existing contacts. Ensure you select someone who can be reliably reached in an emergency.

5. Enable "Show When Locked": This is crucial! Scroll to the very bottom and ensure "Show When locked" is toggled ON. This allows first responders to access your Medical ID without unlocking your phone.



6. Tap "Done": Once you've entered all your information, tap "Done" in the top right corner to save your changes. To access Medical ID from a locked iPhone: Swipe up or press the Home button (depending on your iPhone model) to bring up the passcode screen. Tap "Emergency" in the bottom left corner, then "Medical ID" at the bottom.

Android

Set Up Emergency Information Android devices also offer a similar feature, though the exact steps and naming might vary slightly depending on your phone's manufacturer and Android version.

1. Open Settings: Go to your phone's "Settings" app.



2. Navigate to Safety & Emergency (or similar): look for an option like "Safety & emergency," "About phone," or "users & accounts," and then within that, "Emergency information" or "Emergency contacts."

3. Add Emergency Contacts: Tap "Emergency contacts" and then "Add contact." Select the individuals you wish to designate from your phone's contacts.

4. Add Medical Information: look for an option to add "Medical information" or "Emergency information." Here you can input details such as: • Medical conditions • Allergies • Medications • Blood type • Address

5. Enable Lock Screen Access: Many Android phones allow you to toggle on an option to "Show on lock screen" or "Make accessible from lock screen." Ensure this is enabled.

6. Save Your Information: Once you've entered your details, save your changes. To access Emergency Information from a locked Android phone: On the lock screen, tap "Emergency call" or "Emergency." Then, look for an icon or text that says, "Medical info" or "Emergency info."

