

Setting Emergency Contact Information on an APPLE iPhone

All iPhones come with the Health App which allows you to set up a medical ID. This will display basic personal information, important medical information and emergency contact numbers when accessed from your lock screen.

Follow these steps to set it up:

1. Open Health App.
2. Scroll to the Medical ID panel and tap **Get Started**.
3. Fill in the various fields which includes:
 - a. Medical Conditions
 - b. Medical Notes
 - c. Allergies & Reactions
 - d. Medications

If there's a section that isn't relevant, such as 'Medical Conditions' or 'Allergies & Reactions' it's a good idea to write 'N/A' or 'None' instead of leaving it blank to avoid any confusion.

4. Scroll further to find the **Emergency Contacts** section
5. Tap **Add emergency contact** to create a new contact. Note that you need to have this person's name and number saved in your phone's contacts list in order for the app to pull it in.
6. Once you've selected a contact, indicate their relationship to you.
7. You can add more than one emergency contact by repeating the steps 4, 5 and 6.
8. Scroll further to display and make sure that the **Show When Locked** slider is green.
9. To test that your Medical ID contains all the information you added, lock your phone and then wake it back up to reveal the Touch ID/passcode lock screen. Tap **Emergency** in the corner to bring up the SOS keypad — which should display the **Medical ID** link in the bottom left. Press this to bring up your ICE info as well as emergency numbers that can be tapped and dialed directly from that screen.

