



SETTING UP YOUR EMERGENCY CONTACTS



WHAT IS AN EMERGENCY CONTACT?

An Emergency contact is a contact in your address book that has additional privileges. There are two reasons to set up an emergency contact. The first is so that they appear as a next of kin on your Medical ID. This is accessible by strangers from your lock screen and contains information like your name, allergies, blood type, and (once set up) people who should be contacted in the event of an emergency.



Setting Up and Emergency Contact- iPhone

Follow these steps to set it up:

1. Open the Health app on your phone.
2. Select the "Medical ID" tab.
3. Select "Edit" at the top of the screen.
4. Make sure that the "Show When Locked" slider is green.
5. Below, fill in the various fields. 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.
6. At the bottom is the "Emergency Contacts" section; 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.
7. Once you've selected a contact, indicate their relationship to you.
8. You can add more than one emergency contact; continue repeating steps six and seven until all your emergency contacts are added.



Use SOS to contact emergency services on your iPhone

In case of emergency, use your iPhone to quickly and easily call for help and alert your emergency contacts (provided that cellular service is available).

Emergency SOS – iPhone

Make the call on iPhone 8 or later:

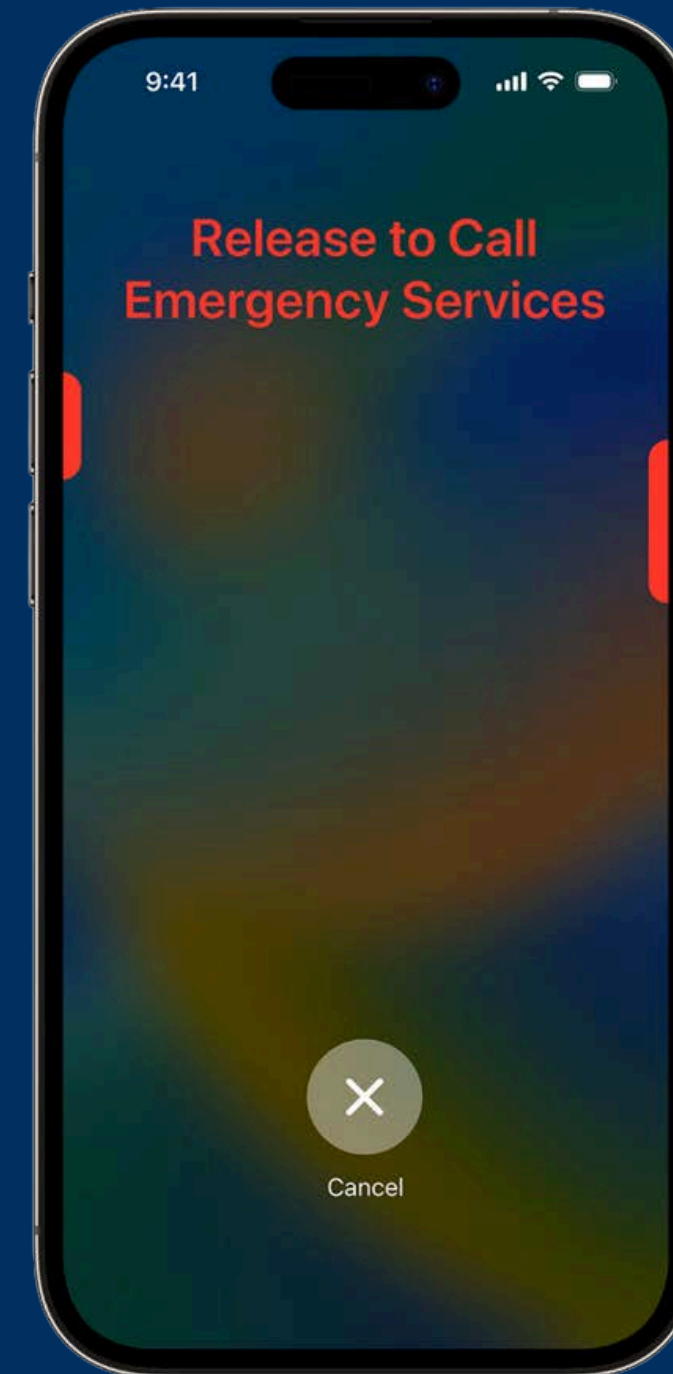
1. Press and hold the side button and one of the volume buttons until the Emergency SOS slider appears.
2. Drag the Emergency Call slider to call emergency services. If you continue to hold down the side button and volume button, instead of dragging the slider, a countdown begins and an alert sounds. If you release the buttons after the countdown, your iPhone automatically calls emergency services.

Make the call on iPhone 7 or earlier:

1. Rapidly press the side (or top) button five times. The Emergency Call slider will appear.
2. Drag the Emergency SOS slider to call emergency services.

After the call ends, your iPhone sends your emergency contacts a text message with your current location, unless you choose to cancel. If Location Services is off, it will temporarily turn on. If your location changes, your contacts will get an update, and you'll get a notification about 10 minutes later.

On iPhone 14 or later (all models), your phone can call emergency services and send a message to your emergency contacts when a severe car crash is detected. Learn more about Crash Detection on your iPhone or Apple Watch.



Setting Up and Emergency Contact– Android

There are a couple of ways to set up ICE contact information on an Android phone. First, you can add your info to the emergency information feature:

1. Open the “Settings” app.
2. Tap “User & accounts,” then “Emergency information.”
3. To enter medical information, tap “Edit information” (you might have to tap “Info” first, depending on the version).
4. There’s a separate section where you can enter emergency contacts; tap “Add contact” to add a person from your contacts list (you might have to tap “Contacts” first)
5. Once you have set this up, anyone can find your ICE information by swiping up on the lock screen and tapping “Emergency,” then “Emergency information.”

Another option is to add your ICE info directly to the lock screen. Android lets you put any message you want on your lock screen:

1. Start by opening the “Settings” app
2. Tap “Security & location.”
3. Next to “Screen lock,” tap “Settings.”
4. Tap “Lock screen message.”
5. Enter the information you want displayed, such as your primary emergency contact and any medical conditions, and tap “Save.”



Emergency SOS – Android

Important: You won't be able to share your real-time location with your emergency contacts unless you have a Wi-Fi or mobile network internet connection.

If you're in an emergency situation, you can use your phone to start emergency actions like calling for help, sharing your location with your emergency contacts, and recording video.

1. On your phone, press the power button 5 times or more.
2. Depending on your settings, touch and hold inside the red circle for 3 seconds or wait for the automatic countdown to start the emergency call.
3. After you start an emergency call, other emergency actions begin based on your settings.

