



Set Up Your Emergency Contact

In an emergency, every second counts-especially for older adults. If you are hurt, feeling unwell, or unable to speak, having an 'In Case of Emergency' contact on your phone ensures that first responders can quickly reach someone who knows your medical history, medications, and wishes. It gives your loved ones peace of mind, helps doctors make faster, safer decisions, and makes sure you are never alone in a crisis. Setting up your emergency contact only takes a minute, but it could make all the difference when you need help the most.

For iPhone (Apple Health - Medical ID)

1. Open the Health app.
2. Tap your profile picture (top right).
3. Select 'Medical ID'.
4. Tap 'Edit' (top right).
5. Scroll to 'Emergency Contacts' -> 'Add Emergency Contact'.
6. Choose a contact and select their relationship to you.
7. Turn ON 'Show When Locked'.
8. Tap 'Done' to save.

Access in emergency: On the lock screen, press and hold side + volume button, tap 'Medical ID'.

For Android (Varies by Model)

Option 1: Add Emergency Info in Settings

1. Open 'Settings'.
2. Search 'Emergency information' or 'Emergency contacts'.
3. Enter your medical details and emergency contacts.
4. Enable 'Show on lock screen'.

Option 2: Add ICE Contact to Lock Screen Message

1. Go to 'Settings -> Lock screen'.
2. Look for 'Contact information' or 'Lock screen message'.
3. Type: 'In case of emergency call [Name] at [Number]'.

Access in emergency: Swipe up on lock screen -> Tap 'Emergency' -> 'Emergency Information'.