



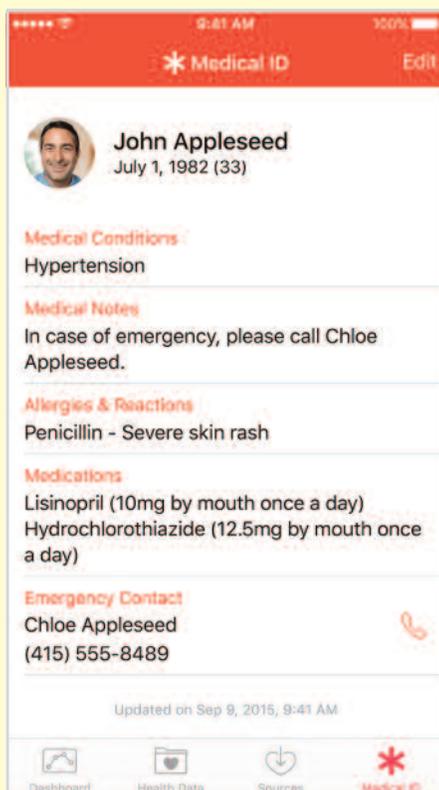
In Case of Emergency Apps

Mobile Device Health and Safety



While we casually load up our phones with all sorts of information ranging from email addresses and photos to credit cards and social media accounts, we might overlook the most important information should we ever find ourselves in a health-related emergency.

Apple, Android and other leading mobile platform developers are getting aboard the health-tech train and making it easy to carry an emergency medical ID with you at all times. Here's a phone-by-phone look at how to get your critical health info loaded up to your mobile device.



On iPhone

1. Open the Apple Health app (on all iOS 8 and later devices). It's the little white box with the red heart in it.
2. Tap on Medical ID in the bottom right.
3. Tap Create or Edit Medical ID.
4. Make sure "Show When Locked" is turned on (to green) up at the top.
5. Fill in as much information as you can. It helps to write "None" or "None known" where applicable. That way, someone knows all fields have been considered.
6. Assign at least one person as your emergency contact. This person has to be a contact in your phone to be assigned in this app.
7. Hit Done to save.

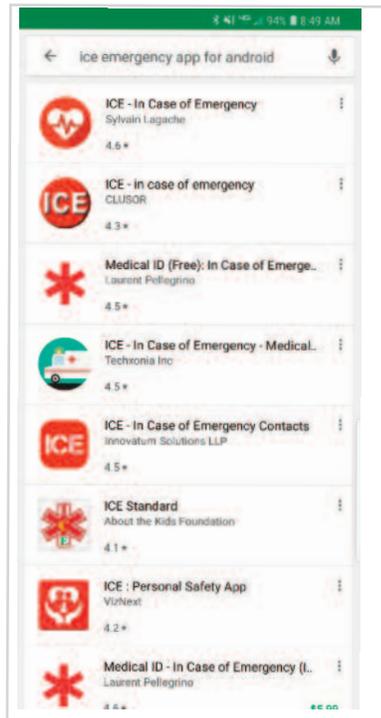


*Android, Windows
and Smartphone
instructions on back.*

For more information, visit HonoringChoicesFL.com or call 877.227.0050

On Android

There are a number of free and paid ICE apps that will suit your needs depending on the Android platform you're running. These are a few examples from the Google Play Store:



<-----Choose one of these choices

Then follow the prompts to set up your ICE and enable

On Windows Phone

On a Windows Phone, the best route is to use a lock-screen app that helps display information when your phone is locked.

The app Lock Screen Text can do the trick, but you'll have limited space, so get the emergency contact in there first. Then, you could write a short directive pointing people elsewhere for a more comprehensive medical ID.

ICE 'Hack Job' for Any Smartphone

There's one universal way to add ICE information to any phone:

1. Open your note-taking app.
2. Input relevant ICE information in the note. Make sure you have margins on all sides and that the text easily fits on one screen.
3. Take a screenshot of that note.
4. Use that note as your lock screen wallpaper.

With this method, an emergency responder will have to dial the number that appears on the lock screen wallpaper, rather than have the phone dial it for him or her, **but it's better than nothing.**