

## ICE ON AN IPHONE/IOS.

Your iPhone has a preloaded app called Apple Health. It is a white square icon with a pink/red heart. If you have never accessed this app before, simply tap on the app and it will walk you through the steps to set up your personal information and your ICE contacts. If you have already accessed this app, you may want to check or update your information.

To update your information:

- (a) Tap the Apple Health app;
- (b) In the bottom right corner of your screen, tap *Medical ID*;
- (c) Tap *Create Medical ID*; and
- (d) Edit your medical information and add your emergency contacts.

To verify your information was properly saved (and to see what information can be viewed from your locked screen), you should put your phone to sleep. Then wake your phone without unlocking it (i.e., just make your home screen appear, but don't unlock it with Touch ID or your passcode). On the lock screen tap *Emergency* in the lower left corner (you will NOT call 911!), and then tap *Medical ID* in the lower left corner.

*Note that iPhones have an added benefit.* If you add ICE Contacts to your phone, whenever a 911 call is dialed from your phone, it will send your approximate GPS location to your ICE contacts.

## ICE ON A SAMSUNG GALAXY S8/ANDROID.

Loading ICE information on an Android phone varies depending on the phone brand and the version of Android the phone is running. The following shows you how to add ICE information to the lock screen on a Samsung Galaxy S8 or Galaxy S8+. If you have a different Android phone, consult your user manual (or online resource) to determine the best way to access important ICE information from the lock screen for the specific phone and the version of Android you are running.

The first step is to enter your medical information. This is done by updating your personal profile in your contacts. Access your contacts, find your personal entry, and open it. You will see an option to enter your medical information. Complete this, and save the information. To verify that your medical information is saved on the lock screen, put your phone to sleep. Then wake it to access the lock screen but don't actually unlock the phone. You should see the words, *Emergency Call*. Tap those words (you will NOT call 911!). You will then see an orange icon in the lower left corner (that resembles a person in a trapezoid). Tap the icon and you should see your medical information.

Next, you will need to enter ICE contacts. This is a two-step process:

Step 1: In this step, you will place certain contacts in a dedicated ICE Emergency Contact Group. To do this:

- (a) Open the app menu from the Home screen;
- (b) Open your Contacts;

- (c) Select the person you would like to add to your ICE contacts;
- (d) Tap Edit;
- (e) Scroll down to Group (if this person hasn't been assigned to a group, it will say not assigned);
- (f) Tap Group and select "ICE emergency contacts"; and
- (g) Tap Save when you're done editing.

Step 2: In this step, you will enable 3 people from your ICE Emergency Contact Group to be called from your lock screen. To do this:

- (a) Switch off your display and lock your phone;
- (b) Access the lock screen without unlocking it;
- (c) Hold your finger on the phone icon in the bottom left corner and drag it to the center of the display;
- (d) Tap on *Emergency Call*;
- (e) Tap the plus symbol;
- (f) Select up to 3 contacts (the people you designated as ICE emergency contacts in Step 1 will appear here); and
- (g) Tap Done.

*Note that Samsung Galaxy S8 has an added benefit.* If you switch your phone to Emergency Mode, your phone sends your approximate GPS location to your 3 designated ICE Contacts and then powers down to save battery life.

## **ICE ON A MICROSOFT PHONE/WINDOWS.**

Windows phones do not have a pre-installed emergency app, but you can download or purchase an ICE app. As with any app, read the reviews and terms and conditions to make sure that the app can be accessed when your phone is locked.

## **ICE SHORTCUT FOR ANY SMARTPHONE.**

Regardless of the type of phone you have, you can have your ICE contact information as your screen wallpaper. From any phone, you should be able to create this shortcut by:

- (a) Opening any note-taking app;
- (b) Typing whatever ICE information you want to store;
- (c) Taking a screenshot of that note; and
- (d) Setting the screenshot as your lock screen wallpaper. You could even write a short directive like "see medical notes in wallet" or something to that effect.