

Setting up In Case of Emergency (ICE) Information on your mobile phone

It is easy to set up an emergency contact number on a mobile phone which can be accessed by emergency services or anyone helping if you have an accident or a medical emergency.

It can be accessed even if your phone is locked without prejudicing the security of any other information held on your phone.

More than one number can be stored so you could put your spouse/partner's number and also a number for another next of kin.

This would also be useful in case of a medical emergency while you are on a u3a activity.

You can also store key medical information here, e.g. whether you are diabetic, which would also help emergency services or anyone else trying to help you.

The simplest way, working for all mobile phones, is to enter "ICE" as a Contact and to provide the appropriate emergency contact telephone number and any other details that can be included against that Contact.

However, this is only of use if the mobile phone is not locked.

For phones that are normally locked when not in use, a different approach is recommended, and this will depend on the type of phone:

Android Phones

1. Switch on and go to the lock screen bringing up the **unlock keypad with Emergency Call button**. This may require double tapping the Functional Settings key (a cog image)
2. Tap **Emergency Call**
3. Double tap **Emergency Information**
4. Tap the **Edit icon (pencil)** on top right
5. Enter your phone **Password/PIN**
6. Add or edit your Emergency Information
7. Tap **Contacts**
8. Select an emergency contact from your Contacts List
9. Tap **Add Contact**
10. Return to lock screen using back-arrows The same procedure applies should you wish to change any of the information.

In an emergency, responders can access your Emergency Information by following steps 1-3 above.

iPhones

1. Open the **Health app** and tap the **Medical ID tab**.
2. Tap **Edit**. If asked, tap Set up Medical ID. If you already have this set up tap Edit Medical ID, to make any changes you wish to.
3. To make your Medical ID available from the Lock screen on your iPhone, turn on **Show When Locked**. In an emergency, this gives information to people who want to help.
4. **Enter your name, who to contact and health information** like your birth date, medical conditions, medications, allergies, and blood type. Some of this information can be entered later if you don't have it to hand.
5. Tap **Done**.

The same procedure applies if you wish to change any of the data.

In an emergency, responders can access this information when the phone is locked as follows:

1. Go to the lock screen
2. Tap Emergency. This will bring up the keypad and allow an emergency phone call if required
3. Tap Medical ID. This will reveal the medical and contact information that you have saved

Adapted from Knutsford u3a Newsletter April 2022