WESTWOOD WARD EMERGENCY PREP
Setting Up Emergency Contacts on Your Smartphone

Since most of us carry a smartphone at all times, we have a means to carry emergency medical information accessible to anyone. Besides phone numbers, you can add your address, blood type, allergies, medications, and other medical information. Anyone can access this information on the phone's lock screen and call the contacts saved during an emergency without unlocking the phone.

How to set up emergency contacts on Android

The process of setting up your emergency contacts on your Android phone varies depending on the version of Android (version 7.0 and 8.0 enables it) and the model of your phone.

If you can't find an emergency contact field within the settings on your Android device, here are the steps to adding your information to the emergency feature:

- Lock your phone
- Click on the emergency button on the bottom left of the lock screen
- Double-tap on 'Emergency Information' follow the prompt to unlock your phone, and then add your medical information
- Enter emergency contacts and tap "Contacts" to add a person from your contact list or simply type in the information. You can add as many contacts as you want.

Once you've set this up, anyone can find your "In Case of Emergency" information by swiping up on the lock screen and tapping "Emergency," then double-tapping on "Emergency information."

How to set up emergency contacts on iPhone

All iPhones come with a Health App that tracks physical activities and stores health information. It also lets you set up your medical ID which will be displayed on the lock screen with your personal information, important medical information, and emergency contact numbers.

To add emergency contacts on your iPhone, follow these steps:

- Click on the "Health App"
- Tap the "Medical ID" button
- Tap edit in the upper right corner
- Edit "Medical ID" by entering your medical information
- Under "Emergency Contacts" tap "Add Emergency Contacts"
- Select a contact from your list or simply type in the information
- Select your relationship then tap "Done"

To make sure your Medical ID is available on your iPhone lock screen, turn on "Show When Locked" when setting up.

If you want to add emergency contacts to any other smartphone that doesn't have these features, simply write your contacts and medical information in the note-taking app on your phone, take a screenshot, and set the image as a lock screen wallpaper. This will provide the necessary information needed in the case of an emergency.