

# Setting up Medical Alerts on Digital Devices

**A cell phone or watch can be set up to call emergency services quickly when you, or a patient you are caring for, falls or needs immediate medical attention. Read through the steps below to set up a device.**

Note: Steps may differ if you have an older phone. Check online for additional information.

## Set up Your Medical ID on your iPhone

Medical ID helps first responders access your critical medical information from the Lock screen, without needing your passcode. They can see information about your medical conditions as well as who to contact in case of an emergency.

1. Open the Health app and tap the Summary tab.
2. Tap your profile picture in the upper-right corner.
3. Under Medical Details, tap Medical ID.
4. Tap Edit in the upper-right corner.
5. 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.
6. Enter health information like your medical condition, medications, date of birth, allergies, and blood type.
7. Tap Done.

**Note to Android Users:** Android phones usually don't have built in health apps that allow you to create a Medical ID. You can still create Medical IDs that anyone can see from the lock screen without unlocking the phone. There are free apps you can download that can give you a Medical ID.

## Emergency SOS Messages for iPhone iOS version 10.2 or newer

To access Emergency SOS, press the power button 5 times in a row. The Emergency SOS screen will appear on the phone.

When making a call with Emergency SOS, the iPhone automatically calls the local emergency number.

During this time, you have 3 seconds to cancel (in case you were just testing it or if you triggered it accidentally) by pressing the red X on the screen to pause the countdown and selecting "Stop Calling" from the menu.



## For an iPhone 8 or later

1. Press and hold the side button and one of the Volume buttons until the Emergency SOS slider appears.
2. Drag the Emergency SOS slider to call emergency services. If you continue to hold down the side button and Volume button, instead of dragging the slider, a countdown begins and an alert sounds. If you hold down the buttons until the countdown ends, your iPhone automatically calls emergency services.

## For an iPhone 7 or earlier

1. Rapidly press the side (or top) button 5 times. The Emergency SOS slider will appear.
2. Drag the Emergency SOS slider to call emergency services.

After the call ends, your iPhone sends your Emergency contacts a text message with your current location, unless you choose to cancel. If "Location Services" is off, it will temporarily turn on. If your location changes, your contacts will get an update, and you'll get a notification about 10 minutes later.



## Use Emergency SOS on your Apple Watch



### If the Apple Watch Doesn't Have Cellular

To use Emergency SOS on an Apple Watch that doesn't have cellular, your iPhone needs to be nearby. If your iPhone isn't nearby, your Apple Watch needs to be connected to a known Wi-Fi network and you must set up Wi-Fi Calling.

### How to Set Up Fall Detection on an Apple Watch

1. Open the **Watch app** on your iPhone.
2. Tap **Emergency SOS**.
3. Toggle **Fall Detection** on. A confirmation window may pop up.

Now your Apple Watch will help detect if you've taken a fall. If you do, The Apple Watch will vibrate taps on your wrist, ring an alarm, and show a slider option to call Emergency Services.

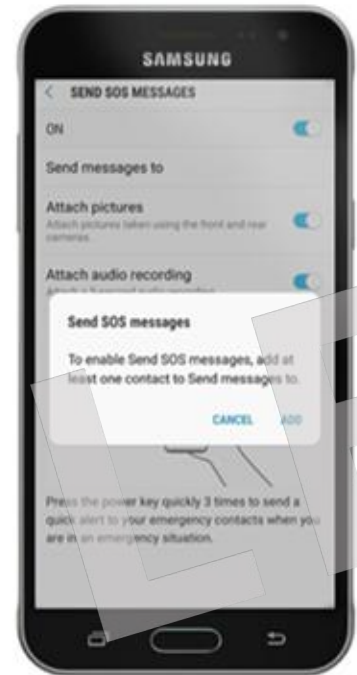


Although there is no fall detection alert available on cell phones, there are plenty of fall apps that can easily be added to your phone.

### Emergency SOS Messages for Samsung Galaxy Android Phones:

1. Open your phone's settings, go to "Personal," select "Privacy and Emergency," and click "Send SOS Messages."
2. First, enable the feature by clicking the toggle at the top right. It will prompt you to agree to a disclaimer. Once you accept the terms, you will be able to set up SOS Messages.
3. Next, click "Send messages to" to select up to 4 emergency contacts to receive your emergency alerts. You can add new contacts for this or select from contacts already on your phone.
4. And finally, in addition to sending your location, you can choose to enable 2 additional SOS messaging features.
  - "Attach pictures" enables you to attach photos taken from both the front and rear cameras before the emergency alert is sent.
  - "Attach audio recording" allows you to attach a 5-second audio recording to the message.When triggered, an emergency message with your location, a picture of your situation, and an audio message will be sent automatically.

Once you set SOS Messages up, you can send an emergency alert to 4 preselected contacts by pressing the power button on your device 3 times in a row.



## Emergency SOS Messages for Samsung Gear Smart Watches:



Here's how to set it up:

1. Open up the Samsung Gear application on your smartphone.
2. Locate and select Send SOS Requests.
3. Slide the toggle at the top from Off to On.
4. Select at least one emergency contact.
5. Once you're done adding emergency contacts, go back to the main Send SOS Requests menu.

Now when you triple-press the home button, your watch will send an SOS alert to your predefined contacts. If you are worried about accidentally sending SOS requests, you can enable a countdown option to add a 5-second wait before a message is sent. Also keep in mind that you may be charged for this SOS feature depending on your carrier plan.

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