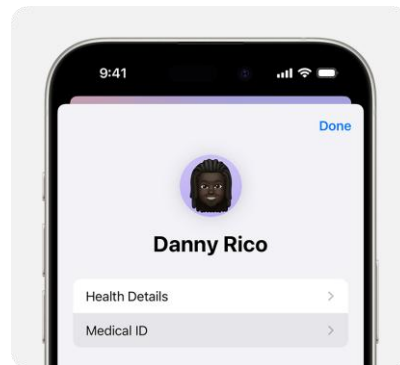


HOWTO ADD EMERGENCY CONTACTS AND INFORMATION ON APPLE IPHONES

Emergency contacts can be quickly dialed from your lock screen without having to unlock your phone. Emergency Services personnel can also view medical information you have chosen to make available. This can be a life saver in a medical emergency.

You need to add personal details.

1. Open the Health app and tap the Summary tab.
2. Tap your profile picture  in the upper-right corner.
3. Under your profile picture, tap **Health Details**.



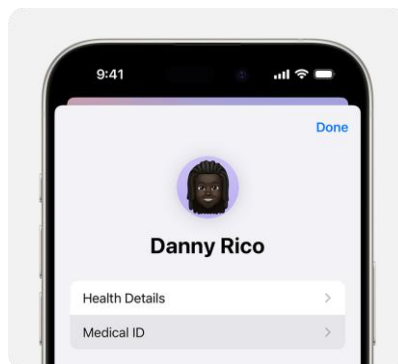
4. Tap Edit in the top right corner
5. Complete First Name, Last Name, Date of Birth (your age will be calculated). Sex, blood type and Fitzpatrick Skin Type* are selected from the list displayed when you select that field.
6. Wheelchair, simply select yes or no.
7. Medications that affect heart rate defaults to zero. To change the setting select either of the 2 options shown.
8. Once you have completed all the fields tap Done, tap Profile and tap Done. This will return you to the Health App Summary page.

*These are the Fitzpatrick Skin Types.

Type I	Highly sensitive, always burns, never tans. eg: Red hair with freckles
Type II	Very sun sensitive, burns easily, tans minimally. eg: Fair skinned, fair haired Caucasians
Type III	Sun sensitive skin, sometimes burns, slowly tans to light brown. eg: Darker Caucasians
Type IV	Minimally sun sensitive, burns minimally, always tans to moderate brown. eg: Mediterranean type Caucasians, some Hispanics
Type V	Sun insensitive skin, rarely burns, tans well. eg: Some Hispanics, some Blacks
Type VI	Sun insensitive, never burns, deeply pigmented. eg: Darker Blacks

Next, you need to create your **Medical ID**.

1. Open the Health app and tap the Summary tab.
2. Tap your profile picture  in the upper-right corner.
3. Under your profile picture, tap **Medical ID**.



4. 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.
5. Tap Edit or Add next to the field you want to update. You can add details such as Organ Donor status, Medications, Allergies, and any Conditions you have.
6. Tap Done after editing each field.
7. To add emergency contacts, tap Add or Edit in the Emergency Contacts field.
8. Tap Add emergency Contact. This will display your contacts. Select the person you want to be contacted in an emergency and which number (e.g. landline or mobile) to use. From the displayed list, choose the relationship of this person to

you. The default is Spouse.

Remember, emergency contacts can be dialled from your lock screen without unlocking your phone.

9. You can add more emergency contacts by repeating the above process.
10. Once you have completed all the medical ID fields relevant to you, tap Profile.