

Use ICE to save a life



Did you know that your cell phone could one day help save your life?

It's called "In Case of Emergency" or ICE, and it is a program that allows first responders (paramedics, firefighters, police officers) and hospital staff members to reach your emergency contact without having to unlock your phone.

Using ICE on your phone helps the first responders provide care in the extreme cases and could prove to be lifesaving.

Now is a great time to make sure you and everyone in your family has ICE information on their cell phones.

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ICE on iPhone®

For iPhones, emergency contact and health information is available to anyone from the lock screen.

1. Open the Apple Health app, available on iOS devices running iOS 8 and later.
Note: This app can't be uninstalled.
2. Tap Medical ID in the bottom right corner.
3. Tap Create Medical ID.
4. At the top of the screen, make sure Show When Locked is turned on (to green). Fill in as much information as you want. If you have no known allergies or are not taking medicine, it still helps to write "none" or "none known" so that first responders will not assume you have overlooked these areas.
5. Make sure you assign at least one person as an emergency contact. Be sure to save that person's name and phone number in your Contacts for the Health app to be able to include it.
6. Hit Done to save.
7. Verify that it works.*

*To make sure it works, and to help you know what to look for if you ever have to find someone else's ICE information, lock your phone, then wake it up, but don't fully unlock it with the passcode or Touch ID. When you see the passcode screen, you will see "Emergency." Press it and a new screen appears with a number keypad to dial as well as Medical ID in the bottom left. Press Medical ID and your information will appear along with a phone icon that, when pressed, will automatically dial your ICE contact.

ICE on Android®

1. Depending on which phone you have, you might have an emergency contact feature in your phone's setting. Check there first. It might be under a sub-menu such as My Information.
2. If you cannot find an emergency contact field within the settings, there are apps for adding ICE info, but you'll need one that has a widget accessible from the lock screen.

Do not rely on an app that sends emergency information via text messaging. When a true emergency is happening, first responders need to know when they have reached an emergency contact.

ICE on Samsung Galaxy®

1. Open the Contacts icon.
2. Touch the "+" to add a contact.
3. Type "ICE" In the first name field.
4. Type the name of your contact in the second name field.
5. Add the emergency contact information.

If your phone has an emergency dialer on the home screen: Press and hold your ICE contact until you see the menu. Add it to the ICE Emergency Contact Group.