

How to set an Emergency Contact number on your Android phone

1. Your phone needs to be locked
2. On the screen there will be a button which says Emergency number. This is NOT 999.
3. Click on it and follow the instructions. It will probably tell you to unlock your phone and select the Contact you want people to call in an emergency from your Contact list. You can list more than 1 number.
4. Wait until your phone relocks and click on Emergency number and check it shows the correct person/persons.
5. This means that if anything happens to you, someone can use your phone to get in touch with your Emergency Contact even if your phone is locked.

How to set an Emergency Contact number on your Apple iPhone

1. Unlock your iPhone
2. Open the Health app (a white block with a red heart)
3. You should be on the Summary screen; tap the icon at the top right of the screen (it's probably a circle with your initials inside)
4. Tap Medical ID (2nd item from top)
5. Tap Edit (at the top right)
6. Note that anyone who opens the Emergency details on your phone will see the contents of this page. Consider that if you're having a medical emergency this is probably a paramedic, and probably a good idea.
7. Add details of your Emergency Contacts in the relevant section (probably about half way down the screen – you may have to scroll down to see it).
Ensure 'Emergency Access: Show When Locked' is active (a white circle to the right of a green background).
8. Consider adding the other details listed.
9. Tap 'Done' in the right hand top corner. Tap 'Profile' in the top left corner; Tap 'Done' in the right hand top corner.