

The “Medical ID” Feature on Apple’s Health App

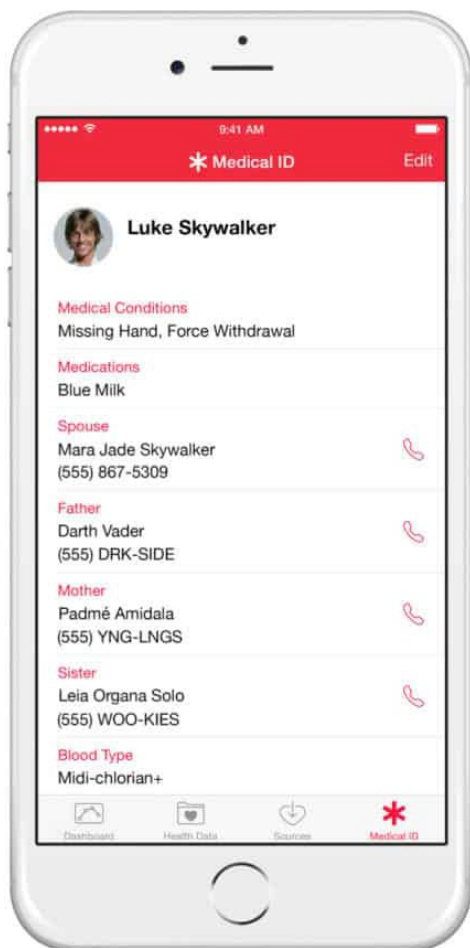
For most people -- especially youth and young adults -- a smartphone is everything. It’s a way to talk, text, take photos, play games, listen to music, read the news, and more. Now, the iPhone Health app features a helpful medical tool: **the Medical ID**. The Medical ID shows important health-related information from the user. It is easy to set up and can be accessed by anyone in the event of an emergency. (NOTE: the “Medical ID” feature is only available on iPhones that have been updated to iOS 8.)

SETTING UP YOUR MEDICAL ID

1. Open the Health app on your iPhone. At the bottom of the screen, tap the bottom left where it says *Summary* to get started. NOTE: Your screen may default to open on *Summary*.
2. In the top right corner, you will see either your picture or your initials. Tap on your selection to go to the next screen.
3. On the next screen, under the heading Medical Details select Medical ID (2nd option) to create your own Medical ID.
4. Click Edit (top right corner). Under Emergency Access, select Show When Locked. This will let anyone access your Medical ID even if your phone is locked and password-protected. This is important to do, so that your info can be viewed in case of an emergency.
5. Add your relevant health information into the app. You can add your name, photo, and all the information you would want others to know about your medical condition. This includes allergic reactions, medications, blood type, and if you are an organ donor. You can even add an emergency contact with his/her name and relation to you.



All photos from <https://www.knowyourmobile.com/iphone/how-to-set-up-your-iphone-s-medical-id/> and <https://ios.gadgetsacks.com/how-to/add-emergency-medical-card-your-iphones-lock-screen-with-important-health-information-for-first-responders-0157454/>.



6. Once you finish this step, tap *Done* at the top right of the screen. Your Medical ID is ready to use!
7. To test out what Medical Professionals will be able to see in an emergency, navigate to your passcode screen (*Note: if you use your fingerprint ID, it will bypass the passcode section*). Tap on “Emergency” in the bottom left corner. That will take you to an Emergency Call screen. On the bottom left, you will see the Medical ID button. Tap on it to reveal your Medical ID.

HOW TO EDIT EMERGENCY CONTACTS

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, then scroll to Emergency Contacts.
5. Tap the Plus button next to “add emergency contact.” Tap a contact, then add their relationship.
6. To remove an emergency contact, tap the Delete button next to the contact, then tap Delete.
7. Tap Done.

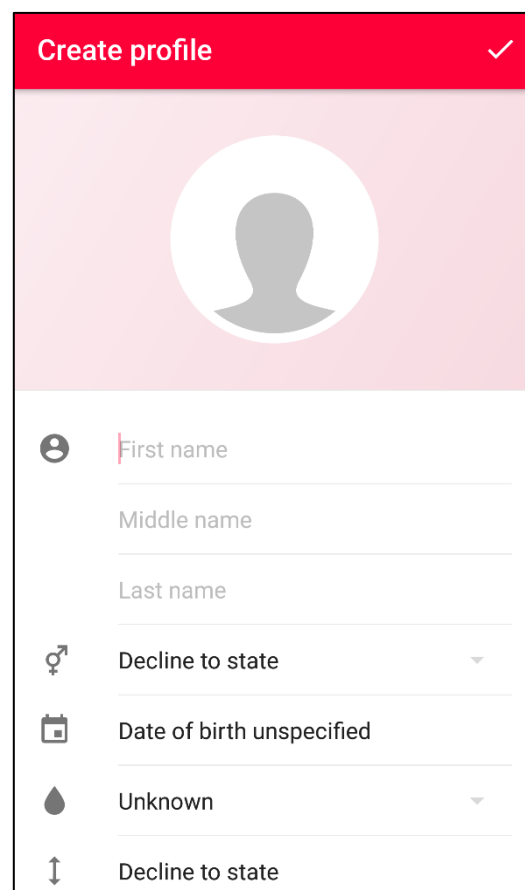
Cancel	* Medical ID	Done
Valium		
Medications		
Klonopin		
— Blood Type	O-	
— Organ Donor	Yes	
— Weight	175 lb	
— Height	6' 1"	
EMERGENCY CONTACTS		
— father	Pop	
— mother	Mom	
— sister	Jessenia [REDACTED]	
+ add emergency contact		
<p>Your emergency contacts will receive a message saying that you have called emergency services when you use Emergency SOS. Your current location will be included in these messages.</p>		

Putting the “Medical ID” Feature on Android Phones

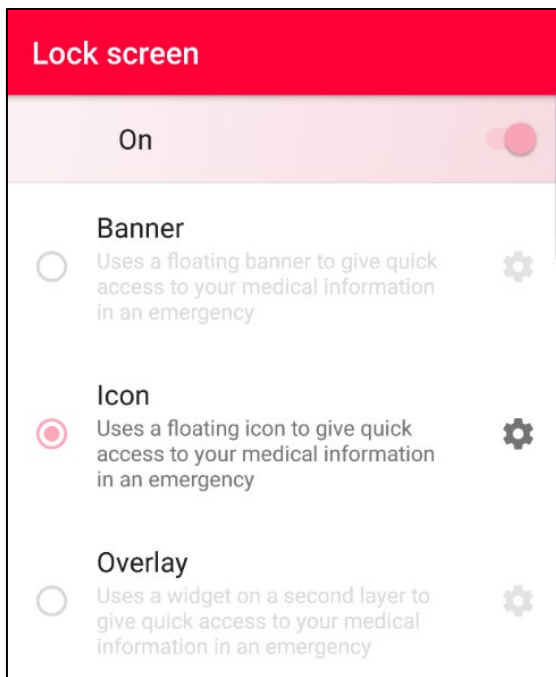
For most people -- especially youth and young adults -- a smartphone is everything. It’s a way to talk, text, take photos, play games, listen to music, read the news, and more. Android phones usually don’t have built-in health apps that allow you to create a Medical ID. But people with Android phones 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 create a Medical ID. This guide describes how to make a Medical ID using the free **Medical ID (Free) ICE Contacts** app. It is easy to set up and can be accessed by anyone in the event of an emergency.

SETTING UP YOUR MEDICAL ID

1. First, download the app. Go to the app store and download *Medical ID (Free) ICE¹ Contacts*.
2. Open the app. You will need to accept the app’s Terms of Service and Privacy Policy.
3. You will then be shown a series of prompts. You will be asked to allow Medical ID to access your device’s location and to make and manage phone calls. This is so you can be found in case of emergency, you can find nearby hospitals, and your emergency contacts can be called through this app.
4. After completing the prompts, it’s time to create a profile. You can add your name, photo, and all the information you would want others to know about your health. This includes your blood type, height, weight, if you are an organ donor, medical conditions, allergies & reactions, medications, and medical notes.
5. *Important* To enter your emergency contact’s information, go to the medical notes section. Here the app will ask for permission to access your contacts. Next, when you enter your emergency contact’s name in your medical notes, the app will find their contact information.
6. Tap the check mark in the upper right corner to finish your profile!
7. Once you tap the check mark, you’ll be on a screen called Profiles. Tap on the three dots in the upper right corner to look at your Settings.



¹ ICE stands for In Case of Emergency



8. In your Settings, tap on “Lock screen.” (See example on the left.) The first line is an option to turn Lock screen on. It’s important to do this so your info can be viewed in case of an emergency. Next, there are three different options for displaying your Medical ID. Choose the one that you prefer.
9. Once the Lock screen has been turned on and you have chosen how you would like it to display, there is another series of prompts to allow the app to add a Medical ID banner/icon/widget on your lock screen.
(NOTE: This allows emergency workers to see at a glance that you have the Medical ID information available.)
10. Now it’s time to test out the Medical ID program. Lock your phone and navigate to your passcode screen to see what Medical Professionals will be able to see in an emergency. (Note: if you use your fingerprint ID, it will bypass the passcode section.)

The image below and on the left is what the Medical ID icon looks like when your phone is locked. To see your Medical ID (right), tap **twice** on the red icon at the top.

