



*Medical ID Tab

1. Open Health APP
2. Tap on the Medical ID Tab
3. Tap Profile
4. Tap **Edit**
5. Enter Emergency Information
6. Enable: Show When Locked

Emergency SOS Slider Feature

Settings > Emergency SOS > Call with Side Button > **ON**

Preview Demonstration >

iPhone 8 & later: Press Home & Volume

iPhone 7 & earlier: Press Side button 5X

Select Auto Call ON

Scroll to bottom > **Edit Emergency Contacts**

Scroll down to **Count Down Sound**

Emergency Call & Medical ID (On a phone other than yours)

1. Press Home Button
2. Call 911 on the **Pass Code** Screen then
- 3. Tap Emergency**
4. Tap Medical ID



Health App > Open each Category:

Activity, Mindfulness, Nutrition, and Sleep.

Open Health Data > Tap Activity > Select Favorites > Select a Data Type: Steps or walking > Slide on **Add to Favorites** > View the TODAY TAB Dashboard > View Day, Week, etc.

YES, do take your phone with you when walking!



Open Contacts App

Select an Emergency Contact Name > Press **Edit** > Select Ringtone > Scroll up to Emergency Bypass > Swipe ON > Select Vibration AND then a Ringtone (maybe different from the other) Select a Text Tone > Emergency Bypass at very top ON > Separate text tone.