ICE (In Case of Emergency) Health Information

Use instructions for iPhone

Emergency contact information serves as a quick reference to contact a designated friend, family member, or other trusted individual in the event of an emergency. Smartphones have the capability of storing your emergency contact information. In case of emergency (otherwise known as ICE) contacts can be viewed by medical or first responder personnel even if your phone is locked with a password.
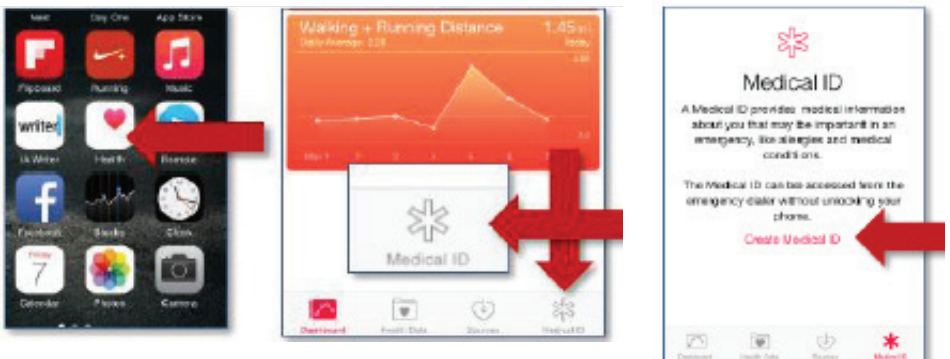
Here's how to set up your emergency contact information in your iPhone:

1. Open up your contacts via contacts icon

2. Touch + to add a new contact

3. Touch the name field and type the word "ICE"

4. Touch the company name field and type your contact's name and relationship to you. For example, John Jones – Husband.
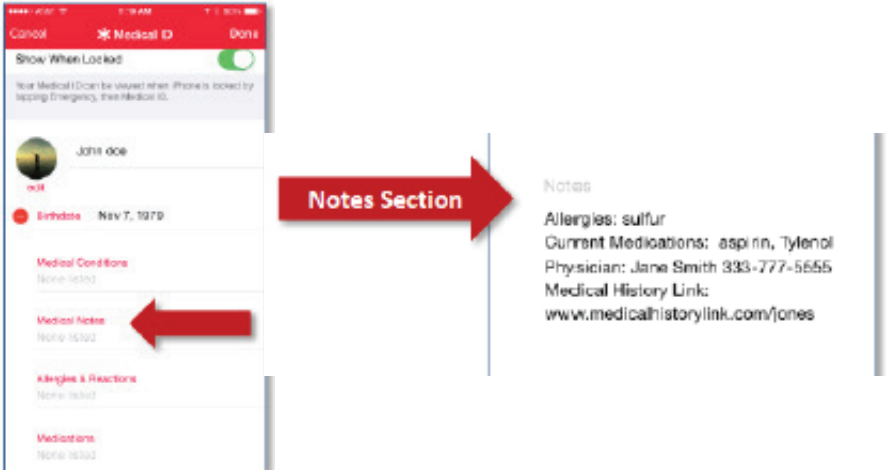

The iPhone 6 has a Health App with a heart on it. Here's how to set up your emergency contact information in your iPhone 6:

1. Touch the Health app to enter your emergency information.

2. On the bottom right of the screen, touch the Medical ID icon.

3. Touch the red link that says Create Medical ID.

4. At the top of the medical ID screen is an On/Off Switch that shows a link to your emergency information on the home screen of your phone even when it's password-locked. Switch this to the ON position. It will turn green like pictured below.

5. Medical ID has a space for medical notes, and other information. Use the Notes Section to list anything that will not fit into the other fields, like the names & numbers of your doctors, health care representative, or your insurance carrier. Do not put any sensitive personal information in here like your social security.

6. When you click on the Add Emergency Contact button, it will show you a list of your contacts, so you can choose the people you'd like to add to your Medical ID. Go ahead and click on the button and choose your first ICE Contact.