ICE/Medical ID Instructions

This ensures that first responders and other riders in your group can see your emergency contacts (including names, relationship and phone numbers) and any important medical information even if your phone is locked.

iPhone

To set this up

1. Open the Health App: This is the app with a white icon that has a pink heart.
2. Tap on your Profile Picture: On iOS 13 and later, you'll find your profile picture or icon in the top-right corner of the screen.
3. Tap on "Medical ID": This will take you to the Medical ID setup.
4. Tap "Edit": Located usually at the top-right corner.
5. Fill in Your Information. You can add various details, in particular:
    - **Your Emergency contacts**
    - Name, Date of birth, Weight and height
    - Any **Medical conditions**, and **medicines** being taken
    - **Allergies** & reactions
    - Blood type, Organ donor status
6. Enable "Show When Locked": This ensures that your Medical ID can be accessed even when your phone is locked, which can be crucial in emergencies.
7. Tap "Done": Once you've entered all your desired information.

Now test the Setup: Lock your phone. On the lock screen, there is an "**Emergency**" option. Tap on it, and then "*** Medical ID**". You should be able to see your emergency information without unlocking the phone.

Android

To set this up, start at your home screen.

1. Open the Settings App: This is typically represented by a gear icon.
2. Search for Emergency Information: Depending on your version and brand, you might find it under:
    - About phone > Emergency information, or
    - Users & accounts > Emergency information.
2. Enter the Emergency Information Page: Once you've found the emergency information setting, tap on it. Then tap on "Edit" or the pencil/edit icon.
3. Fill in Your Information. You can add various details, in particular:
    - **Your Emergency contacts**
    - Name, Date of birth, Weight and height
    - Any **Medical conditions**, and **medicines** being taken
    - **Allergies** & reactions
    - Blood type, Organ donor status
4. Save the Information, as required.

Now test the Setup: Lock your phone. On the lock screen, there should be an "**Emergency**" option. Tap on it, and you should be able to view your emergency information without unlocking the phone.

Revisit your emergency details periodically and update them if there are changes in your medical condition, medications, or emergency contact numbers.