

Adding An Emergency Contact On Your Phone As A Safety Feature

Dear Members,

If you have not already done so the Committee recommend that all members add an Emergency Contact to their phones. This allows someone to call your contact even if your phone is password protected or locked but does not allow access to anything else. Your phone remains secure.

We believe that having access to an Emergency Contact not only aids Group Co-ordinators when you are taking part in u3a activities but also at any other time when aid may need to be sought from someone who does not know you or if you are unable to use your phone yourself.

We have set out how to do this in easy steps for both iPhone and Android systems. These instructions work with the majority of phones, however some may differ slightly but should set you on the right track.

If you are having difficulties, please refer to your phone's manual as you will find dedicated instructions of how to achieve this or by an internet search using "Add Emergency Contacts on —add your phone/model name —".

Mick Gill

(Asset & Risk Assessment Trustee on behalf of BC u3a Committee)

Adding an Emergency Contact on an iPhone

NB The person(s) you choose must already be in your contacts list

1. Open the **Health** app on the screen and tap **Browse** in the bottom-right corner of the screen.
2. Tap **your Apple ID picture / Initials** in the top-right corner.
3. Tap **Medical ID**.
4. Tap **Edit** in the top-right.
5. Scroll down to the **Emergency Contacts** section
6. Tap **add emergency contact**. This opens your Contacts List.
7. Choose someone from your Contacts list and specify how they are related to you.
8. Repeat this for all the contacts you want to add, and then tap **Done** in the top-right.

To *delete* an emergency contact, head back to the **Medical ID** menu and tap **Edit**, and then tap **the red minus sign** next to the contact you are removing.

Adding an Emergency Contact on an Android Phone

Most Android manufacturers use similar software, so these instructions should work whether you have a Samsung, Motorola, Nokia, Sony, or Asus phone. But if you're struggling to find the Emergency SOS settings, search for "Emergency SOS" in your Settings app's search bar. The first result should take you to the page for adjusting SOS settings. Then follow this guide.

NB The person(s) you choose must already be in your contacts list

- 1.** Open the Settings app.
- 2.** Scroll down and tap Safety & emergency. This menu can be found in the Advanced Settings menu on earlier versions of Android (Android 11 and earlier).
- 3.** Tap Emergency contacts.
- 4.** Tap Add contact.
- 5.** Select an emergency contact from your contact list.
- 6.** Repeat this for all the contacts you want to add.

To *delete* an emergency contact, head back to the **Emergency Contacts** menu and tap delete next to the contact you are removing.