Kindred Healthcare

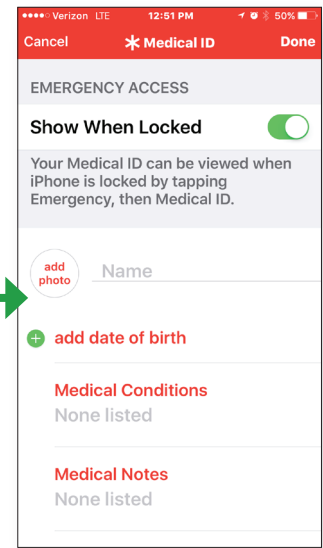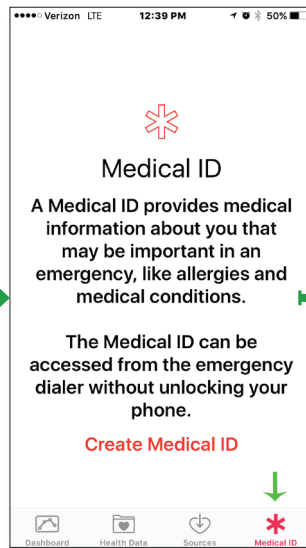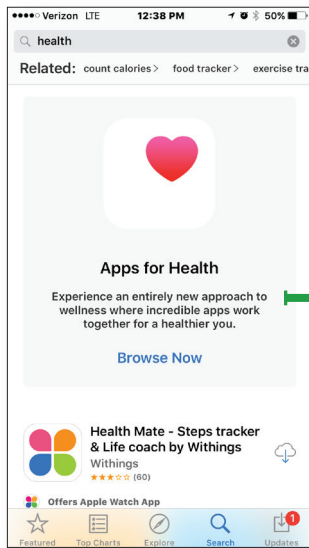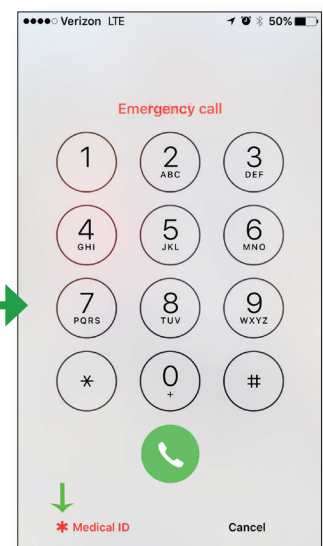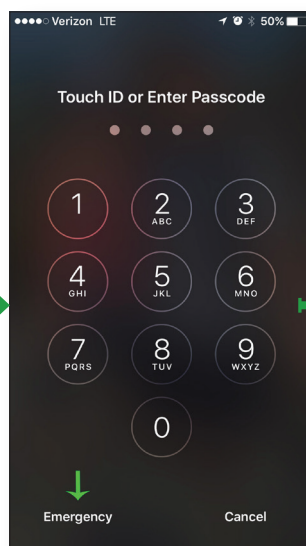## In Case of Emergency
How a Cell Phone Can Save Your Life

To set up Medical ID on iPhone:

1 Open the app store and locate the Health App (comes standard on iPhones and is denoted by a white icon with a pink heart in the top right corner).

2 You will see four options in the bottom: Dashboard, Health Data, Sources, and Medical ID. Tap "Medical ID."

3 From this page, you can add your birthday/age, known medical conditions, allergies and medications, spouse, mother and father's phone numbers, blood type, whether or not you are an organ donor and your approximate height.*

To view Medical ID information on a locked iPhone:

1 While the phone is locked, slide right to access unlock pattern/digits.

2 Select "Emergency" from bottom left corner.

3 Select Medical ID from bottom left corner.

It is important to note that information included on Medical ID can be accessed by anyone who has your phone. Always be cautious when filling in your personal information for anything. Remember that a paramedic may pick up your phone for the right reasons in an emergency, but there is the possibility that someone else could pick it up and use it for the wrong reasons. Your private medical information is private, and only information that may be useful or necessary in an emergency situation should be entered.

![Kindred Healthcare logo]

In Case of Emergency
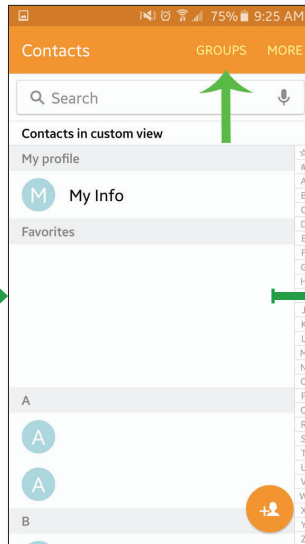# How a Cell Phone Can Save Your Life

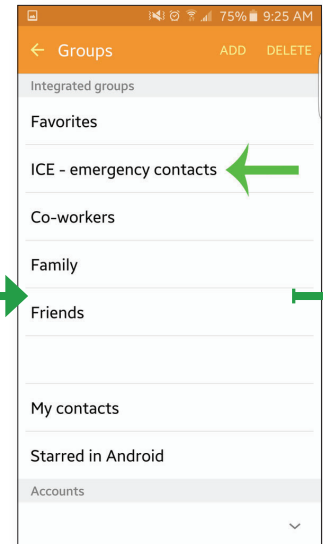## To set up emergency contacts on (most) Android phones:
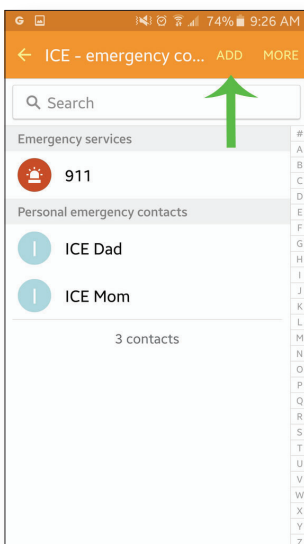
1 Open contacts list.

2 Tap on "groups" in top right corner.

3 There should be a group set called "integrated groups." Tap on ICE – Emergency Contacts.

4 Tap Add, and add up to four emergency contacts. These can be imported from pre-existing contacts or new to your contact list.

Note

Androids do not allow for listing actual medical information (iPhones do). Android users can download the following apps to display medical information from a locked Android:

- iMedAlert
- MyID
- ICE: In Case of Emergency

In Case of Emergency
How a Cell Phone Can Save Your Life

To view emergency contacts on a locked Android:

1 While the phone is locked, tap "Backup Password."

2 Tap "Emergency Call."

3 A touch pad for dialing 911 should appear, along with four circles with plus (+) signs in them. Click on each (+) and pick a contact from your pre-saved ICE group set.