

ICE = In Case of Emergency

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Add and use contact information on iPhone

<https://support.apple.com/guide/iphone/add-and-use-contact-information-iph3e0ca2db/17.0/ios/17.0#iphe4be4181f>

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Set up and view your Medical ID on iPhone

<https://support.apple.com/guide/iphone/set-up-and-view-your-medical-id-iph08022b192/17.0/ios/17.0>

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Fill out your Health Details in Health on iPhone

<https://support.apple.com/guide/iphone/fill-out-your-health-details-iph08022b194/17.0/ios/17.0>

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How to Add Medical Info on Samsung Galaxy Phones

<https://www.youtube.com/watch?v=s9wOXcEpiZY>

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Emergency Contacts on Your Lock Screen (ICE)

Tutorial Video 719

<https://www.youtube.com/watch?v=JY4T7XCm2Uc>

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How to Add ICE to Your Cell Phone

<https://www.wikihow.com/Add-ICE-to-Your-Cell-Phone>

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Pullover Pal - Medical Alert items

<https://thepulloverpal.com>

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