

IPHONE HACKS

Tech Tips and tricks to make your life easier



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Using SOS and Emergency Contacts to Share Critical Info in Emergencies

Life is unpredictable, and emergencies can happen when you least expect them. Whether you're hiking, traveling alone, or have a medical condition, your iPhone's **Medical Alerts** and **SOS** features can be lifesavers—literally. These tools allow you to quickly contact emergency services, share critical information, and alert your loved ones, all with just a few taps. It's like having a digital safety net right in your pocket. Let's make sure you know how to use it!

Emergencies Don't Give Warnings, but You Can Be Prepared.

Let's be honest—none of us like thinking about worst-case scenarios but ignoring them doesn't make them go away. Whether you're a parent, caregiver, or someone who simply likes to be prepared, having **SOS** and **emergency contacts** set up on your iPhone can make all the difference when things go south. We all want to avoid frantic phone calls and confusion during emergencies, so why not let your phone do the talking (and alerting)? Besides, having your phone handle the stressful stuff means you can focus on what matters—getting help fast. And no, setting this up is not one of those tech nightmares. It's quick and easy - promise!

Before we get started:

Make sure you're set up to get the most out of these tips. First, check that your iPhone is running the latest version of iOS. To do that, go to **Settings > General > Software Update**

Here's How:

- Open the Health app on your iPhone.
- Tap your profile picture in the top-right corner and select Medical ID.
 - Fill in important medical details (e.g., allergies, medications, emergency contacts) that should be shared with first responders.
- Toggle on Show When Locked so emergency personnel can access your info even if your phone is locked.
- Toggle on Share During Emergency Call so if you need to call 911 it will share your medical details.
- To set up Emergency SOS:
- Go to **Settings > Emergency SOS**.
 - Enable Call with Side Button (pressing the side button 5 times triggers an emergency call).
 - Optionally, turn on Auto Call to have your phone automatically call emergency services when SOS is triggered.

About the content creator:

My name is Rick, an early adopter and Apple enthusiast with over 30 years of experience in transformational technology. My passion is simplifying tech for everyday users, helping them unlock the full potential of their devices. I share easy-to-follow tips for anyone—tech-savvy or not—to make technology work for them.