

Medical Alert Apps Setup Checklist

Use this checklist to ensure you've completed all the important steps to set up your emergency medical alert system on your smartphone.

Built-In Phone Emergency Features

iPhone Users (Emergency SOS)

- ☐ Open Settings app
- ☐ Tap "Emergency SOS"
- ☐ Add emergency contacts (at least 2-3 people)
- ☐ Verify Auto Call is enabled
- ☐ Practice the button combination (side button + volume button)
- ☐ Inform emergency contacts they've been added

Android Users (Emergency Location Service)

- ☐ Open Settings app
- ☐ Search for "Emergency SOS" or "Emergency Information"
- ☐ Add emergency contacts (at least 2-3 people)
- ☐ Practice the power button method (press 5 times quickly)
- ☐ Verify location sharing is enabled
- ☐ Inform emergency contacts they've been added

Medical Alert App Setup

Choosing and Installing Your App

- ☐ Visit App Store (iPhone) or Google Play (Android)
- ☐ Search for "medical alert" or "fall detection" apps
- ☐ Read reviews from other users
- ☐ Download and install your chosen app
- ☐ Open the app for the first time

Creating Your Profile

- ☐ Enter your full name
- ☐ Add your age/date of birth

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- ☐ List all medical conditions (diabetes, heart disease, etc.)
- ☐ Include all current medications
- ☐ Add any allergies (medications, foods, etc.)
- ☐ Include your blood type if known

Setting Up Emergency Contacts

- ☐ Add primary emergency contact (with phone number)
- ☐ Add secondary emergency contact (with phone number)
- ☐ Add third emergency contact if available
- ☐ Include relationship to each contact (spouse, daughter, neighbor, etc.)
- ☐ Verify all phone numbers are correct
- ☐ Call or text each contact to inform them they've been added

Granting App Permissions

- ☐ Allow location access (so responders can find you)
- ☐ Allow contact access (so app can reach your emergency contacts)
- ☐ Allow phone/call permissions (so app can make emergency calls)
- ☐ Allow notification permissions (so you receive alerts)
- ☐ Review and accept privacy policy

Testing Your Setup

- ☐ Find the app's test mode or demo mode in settings
- ☐ Activate a test alert
- ☐ Verify emergency contacts receive the test notification
- ☐ Practice canceling an alert during the countdown period
- ☐ Confirm location information is accurate in test alert

Medical ID Setup (Critical!)

iPhone Medical ID

- ☐ Open the Health app
- ☐ Tap your profile picture
- ☐ Select "Medical ID"
- ☐ Tap "Edit" in the top right
- ☐ Enable "Show When Locked"
- ☐ Add medical conditions
- ☐ Add allergies and reactions

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- ☐ Add medications and dosages
- ☐ Add blood type
- ☐ Add emergency contacts
- ☐ Tap "Done" to save

Android Emergency Information

- ☐ Open Settings
- ☐ Search for "Emergency Information"
- ☐ Tap "Add information"
- ☐ Add name and address
- ☐ Add medical conditions
- ☐ Add allergies and reactions
- ☐ Add medications and dosages
- ☐ Add blood type
- ☐ Add emergency contacts
- ☐ Save your information

Ongoing Maintenance

Daily/Weekly

- ☐ Keep phone charged (charge every night)
- ☐ Carry phone with you around the house
- ☐ Keep phone within reach while sleeping

Monthly

- ☐ Test your emergency alert system
- ☐ Verify emergency contact information is current
- ☐ Check that app permissions are still enabled
- ☐ Update medical information if anything has changed

As Needed

- ☐ Update medications when prescriptions change
- ☐ Add new medical conditions if diagnosed
- ☐ Update emergency contacts if phone numbers change
- ☐ Review and update allergies

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Additional Safety Measures

- ☐ Keep a phone charger in multiple rooms
- ☐ Consider a backup power bank for emergencies
- ☐ Place non-slip mats in high-risk areas (bathroom, kitchen)
- ☐ Ensure adequate lighting throughout your home
- ☐ Share your Medical ID setup with family members
- ☐ Keep a list of medications in your wallet as backup
- ☐ Post emergency numbers on your refrigerator

Setup Complete!

Once you've checked off all the items above, you have a comprehensive medical alert system set up on your smartphone. Remember to review and update your information regularly, and don't hesitate to test your system monthly to ensure everything works when you need it most.

Date Completed: _____

Next Review Date: _____

Emergency Contacts Notified: ☐ Yes ☐ No

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