# How to Add a Medical ID/Emergency Contact on Your iPhone

### Why Set Up Emergency Contacts?

• First responders can contact your family or doctor instantly during emergencies.

• Medical details (allergies, conditions, medications) can be viewed from your locked screen if enabled.

• Emergency contacts can receive automatic alerts when you use Emergency SOS.

### Add an Emergency Contact Through the Phone App

1. Open the Phone app.

2. Tap Contacts (or Favorites or Recents).

3. Select the person's name.

4. Scroll down and tap Add to Emergency Contacts.

5. Choose their relationship → tap done or the check mark in the upper right corner (add more than one emergency contact if possible).

### How First Responders Access Your Medical ID

*Note:* A first responder views your Medical ID from the Lock Screen by swiping up or pressing the Home button (depending on your iPhone model), tapping Emergency on the passcode screen, then tapping Medical ID.

Turn on "Show When Locked" in your Medical ID settings for easier access.