

How to Create a Medical ID on Your iPhone

To set up your medical ID on an iPhone, you can follow these steps:

Open the Health app: Locate the Health app on your iPhone's home screen. The app icon resembles a white square with a red heart in the center.

Access your Medical ID: Once you're in the Health app, tap on "Summary" located at the bottom left corner of the screen.

Set up your Medical ID: If you haven't set up your Medical ID yet, you'll need to do so by tapping Your Apple ID Profile Picture in the top right corner. Next, select Medical ID. You may be prompted to enter your passcode or use Touch ID/Face ID to proceed.

Enter your information: Fill in the relevant details in your Medical ID, including your name, birthdate, medical conditions, allergies, medications, emergency contacts, and any other pertinent information you want to share. It's important to provide accurate and up-to-date information.

Add an emergency contact: Scroll down to the "Emergency Contacts" section and tap the green "+" button to add emergency contacts. You can select contacts from your phone's contact list. It's advisable to add at least one emergency contact.

Make your Medical ID accessible from the lock screen: To allow access to your Medical ID even when your iPhone is locked, toggle the "Show When Locked" switch to the on position. This way, emergency responders or other individuals can access your Medical ID without unlocking your phone.

Save your changes: Once you have entered and reviewed all the necessary information, tap "Done" in the top right corner to save your Medical ID.

Test access to your Medical ID: Lock your iPhone and wake it up to access the passcode screen. On the bottom left corner, you should see an option labeled "Emergency." Tap on it, and then select "Medical ID" to view your uploaded information.

Remember to keep your Medical ID updated with any changes in your health status, emergency contacts, or other relevant details.

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