

## Keeping Health Information On Your Mobile Phone

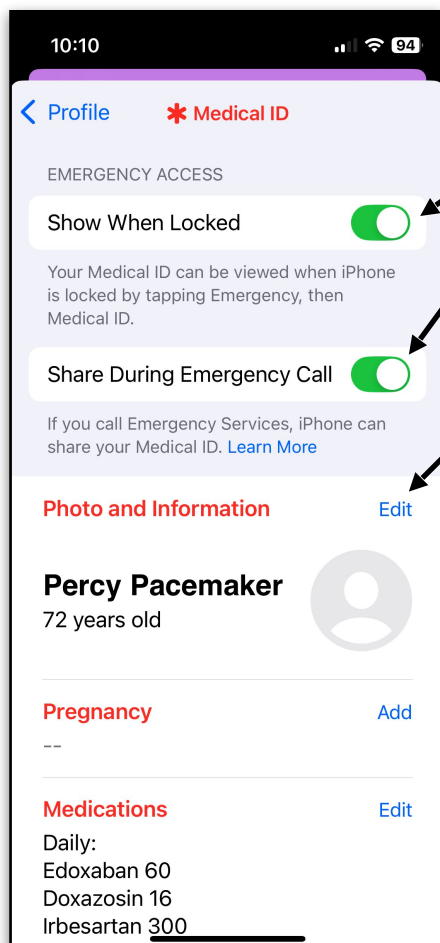
On your mobile phone you can put as little or as much health information as you want. Once it's there, anyone can usually view it without needing your phone password.

- With just your surname, DOB, postcode and NHS number, paramedics (but not others) will be able to access your NHS Summary Care Record.
- Adding more, e.g. allergies, medical history, medication, emergency contacts etc, could be critical if you are found unconscious, but is not strictly confidential.

### ***How do I add my health information to my Apple iPhone?***

On an iPhone, the key information about your health is called your **Medical ID**. It is stored in the Health app. To add your Medical ID:

1. Open the Health app.
2. At the bottom left, tap the ❤️ Summary tab.
3. At the top right, tap your profile picture.
4. From the list, tap Medical ID ...



You can now allow emergency access using the green switches near the top of the screen.

Then add or edit information under any red category that follows (scroll screen for more)

### ***How else can I see my health information?***

1. Open the Contacts app
2. At the top of the list, tap your profile
3. Scroll down to the bottom and tap Show Medical ID.


### ***Need help with different versions of iOS?***

Apple offer support for Medical ID on their website:

[support.apple.com/en-gb/guide/iphone/iph08022b192/ios](https://support.apple.com/en-gb/guide/iphone/iph08022b192/ios)

## ***How do I add my health information to my Android phone?***

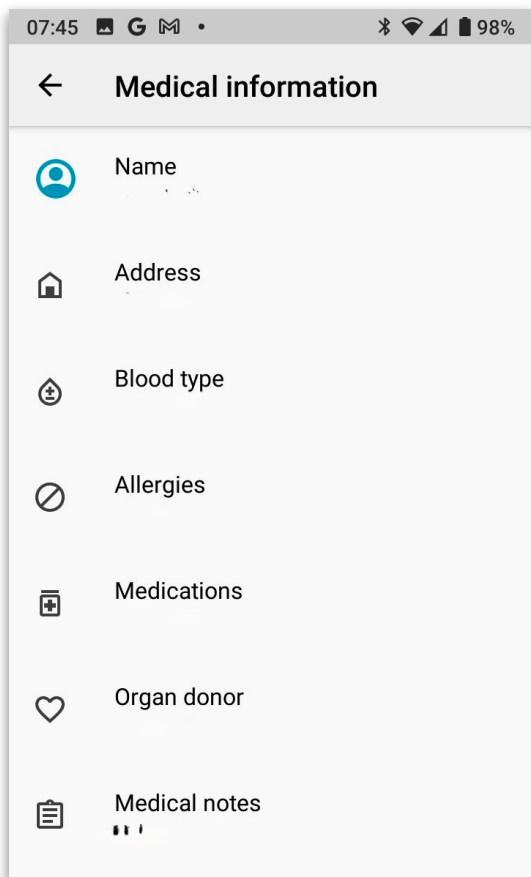
Android phones are made by many companies and are often different. So alternatives are offered here in this general guide. More detailed specific information can be found online at [support.google.com/android/answer/9319337?hl=en-na](https://support.google.com/android/answer/9319337?hl=en-na)

- **If you have a Google account**, medical information can be added from the phone's Settings (cog wheel) menu.
- **Recent Android versions (v.12 up)** have a Safety app  with additional SOS features. See [www.androidpolice.com/how-to-set-up-emergency-sos-features-on-android/](https://www.androidpolice.com/how-to-set-up-emergency-sos-features-on-android/)

### **For other phones:**

- Some may have a Safety and Emergency option in the settings menu.
- Others may have an Emergency Information area, usually in the About Phone section of the Settings menu.
- If you can't find those, type 'emergency' into the Search Settings box, then choose Emergency Information from the list of results found.
- **Older phones, before Android 10, may not offer any option at all.**

Where available, medical information can now be added by tapping any relevant category in the list below...



### ***What about emergency contacts?***

Contacts are added in a separate Emergency Contacts area. Some phones always make this information available, others have an option to keep it hidden while the phone is locked.

### ***How can medics see my information?***

A locked phone needs a password for full access. On the locked screen there is an Emergency button. Tapping this may reveal a keypad and an Emergency Information button. The phone is not fully unlocked but does allow the user to see any emergency information the owner has provided.