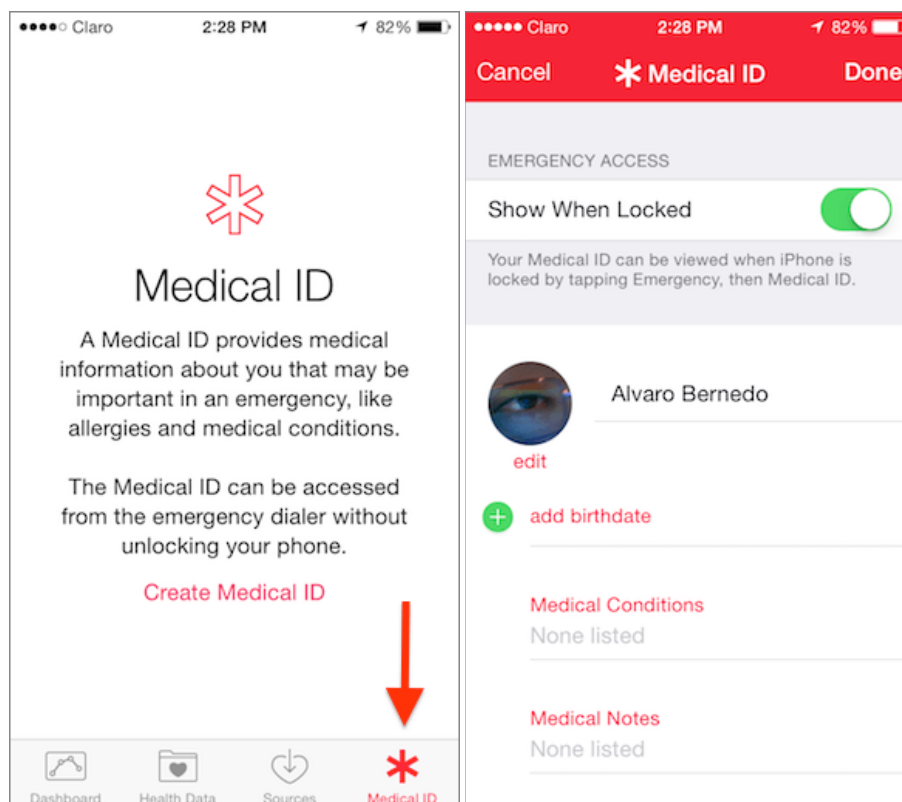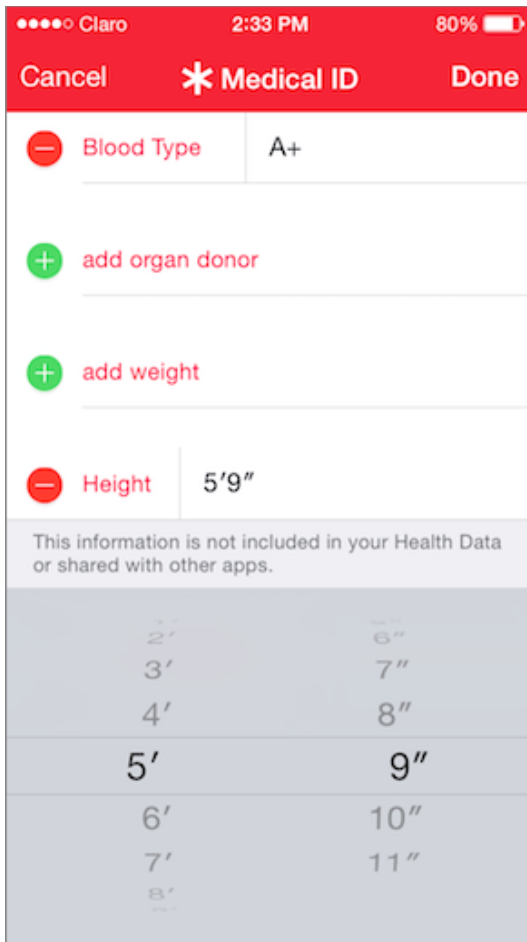# The "Medical ID" Feature on Apple's Health app

For most people -- especially young adults -- a smartphone is everything. It's a way to talk, text, take photos, play games, listen to music, read the news, and more. Now, the new iPhone Health app features a helpful medical tool: **the Medical ID**. The Medical ID shows important health-related information from the user. It is easy to set up and can be accessed by anyone in the event of an emergency. (NOTE: the "Medical ID" feature is only available on iPhones that have been updated to iOS 8. All photos are from Guiding Tech [http://www.guidingtech.com/33678/iphone-medical-id/].)
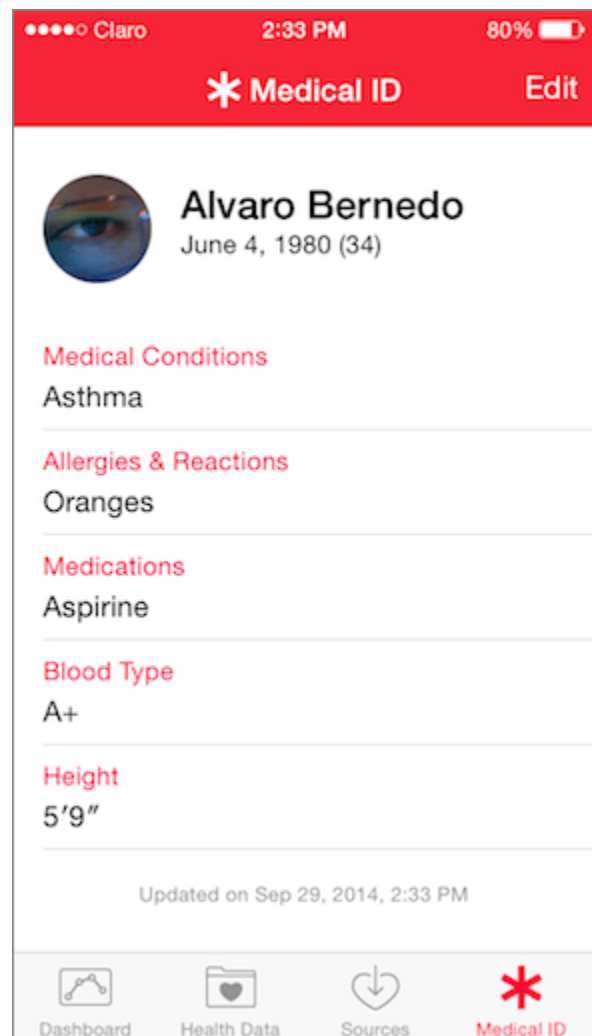
Setting Up Your Medical ID

1. Open the Health app on your iPhone. At the bottom of the screen, tap the bottom right where it says *Medical ID* to get started.

2. On the next screen, you will be asked to create your own Medical ID. Once you do so, you will see the *Show When Locked* option. This will let anyone access your Medical ID even if your phone is locked and password-protected. This is important to do, so that your info can be viewed in case of an emergency.

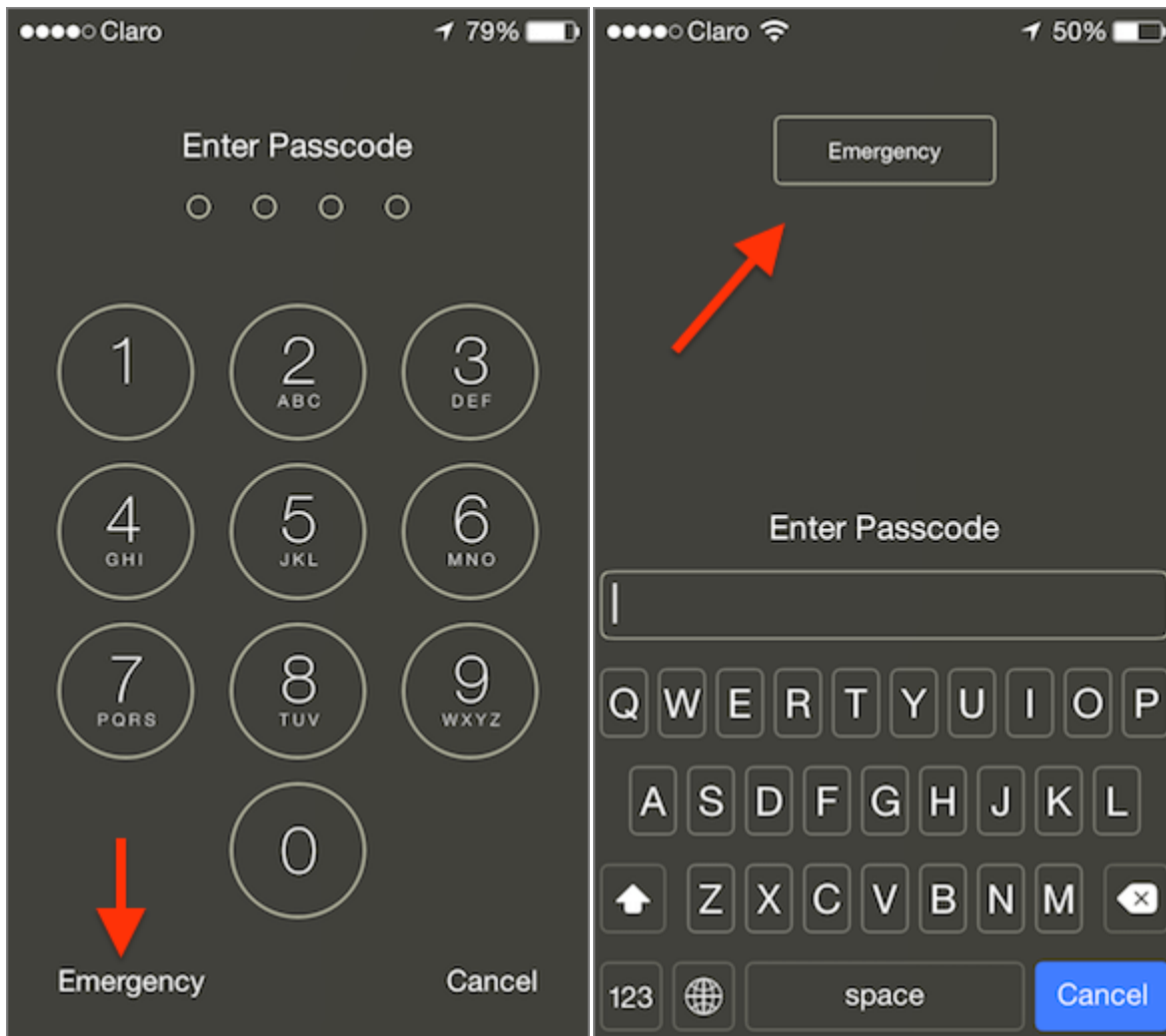Check out www.GotTransition.org for health care transition tools and resources

3. Add your relevant health information into the app. You can add your name, photo, and all the information you would want others to know about your medical condition. This includes allergic reactions, medications, blood type, and if you are an organ donor. You can even add an emergency contact with his/her name and relation to you.

4. Once you finish this step, tap *Done* at the top right of the screen. Your Medical ID is ready to use!
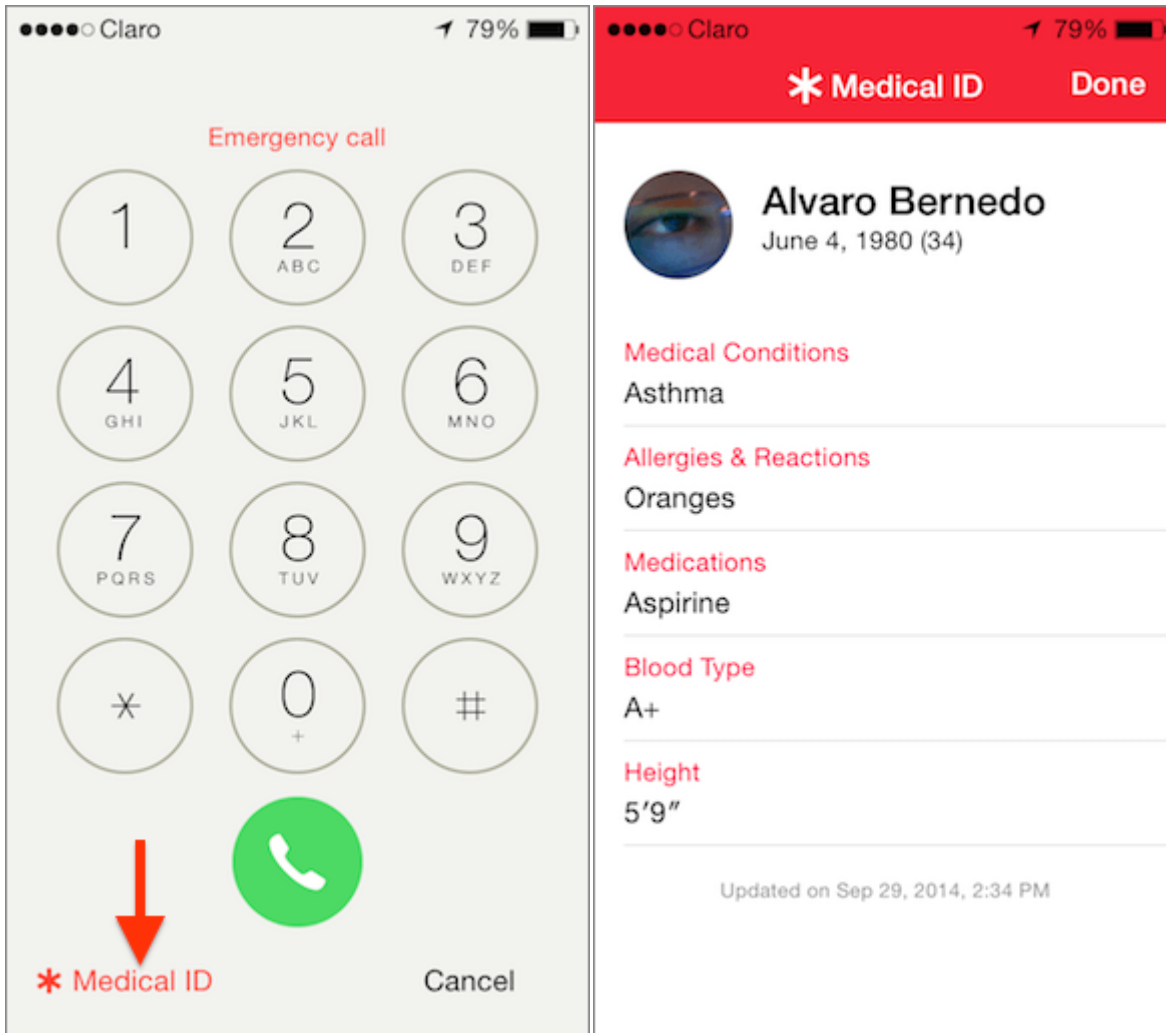
Accessing a Medical ID from a Locked iPhone

To access the Medical ID, first try to unlock the iPhone. This will bring up either the passcode or password screen (both shown below).

In either case, there is an *Emergency* button on display. Tap it to be taken to the 'Emergency Call' screen.

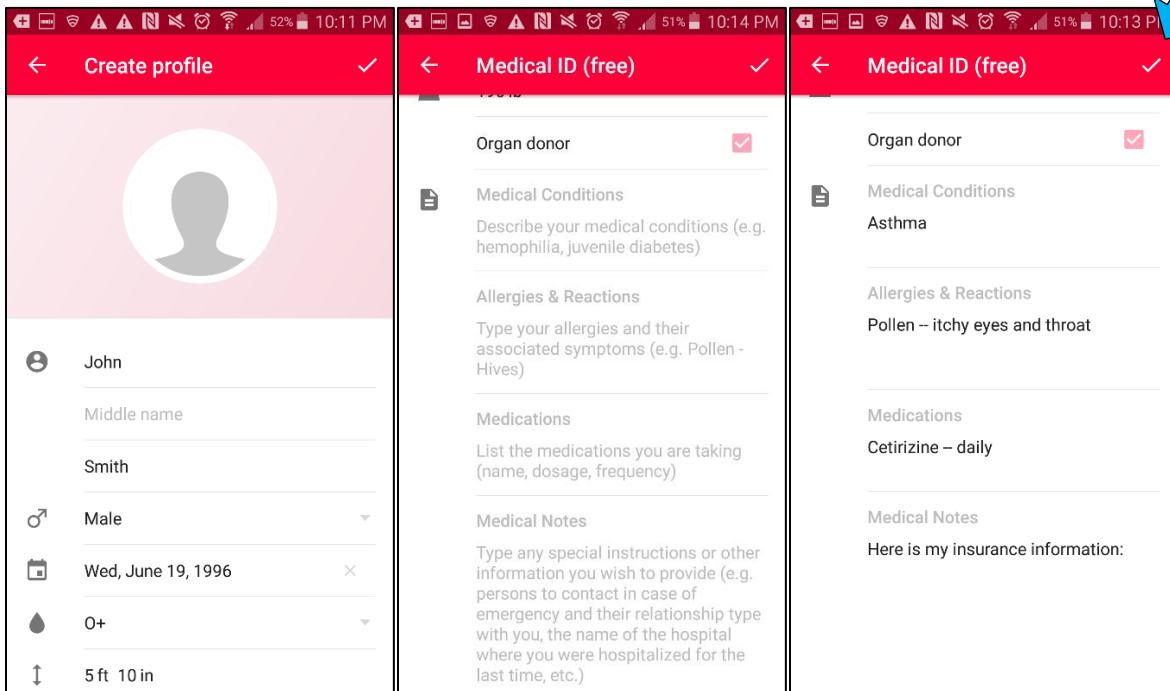There, at the bottom left you will see the *Medical ID* button. Tap on it to reveal the user's Medical ID.

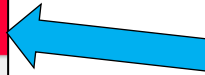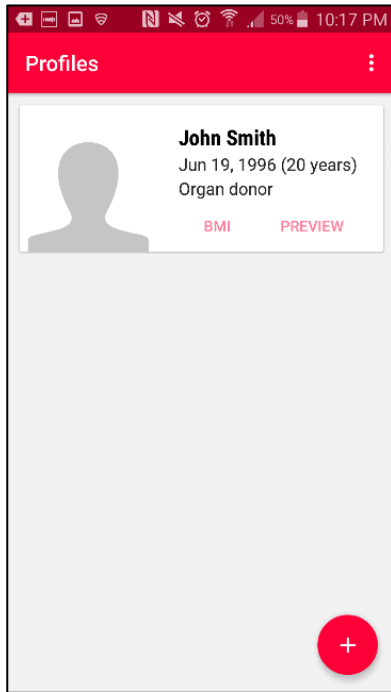# Putting the Medical ID feature on Android Phones

Android phones usually don't have built in health apps that allow you to create a Medical ID. But people with Android phones can still create Medical IDs that anyone can see from the lock screen without unlocking the phone. There are apps you can download that can give you a Medical ID. You can look on your own for one that you like. The rest of this guide will show you how to make a Medical ID using the free app *Medical ID (Free) ICE Contacts*.

1. First, you need to download the app. Go to the app store and download *Medical ID (Free) ICE Contacts*.

2. Open the new app, and you can create a profile. Fill out the profile with as much as you want, which includes: first name, last name, gender, birthday, blood type, height, weight, organ donor, medical conditions, allergies & reactions, medications, and medical notes.
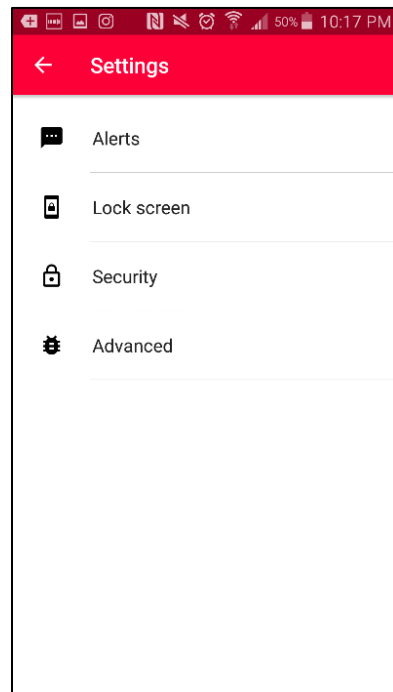

3. Then, tap the check mark in the upper right corner to finish the profile. Your Medical ID is ready!
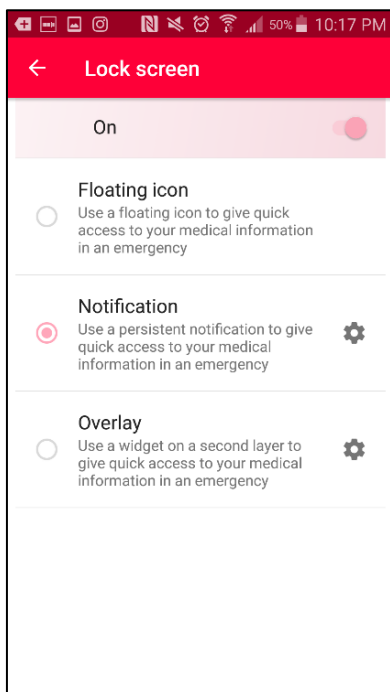
Check out www.GotTransition.org for health care transition tools and resources
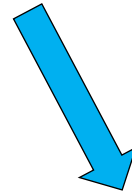
You'll see a screen with all the profiles, like this one. Tap on the three dots upper right to change any settings.

This is the settings menu. Tap on *Lock Screen* to see the different options for Medical ID.
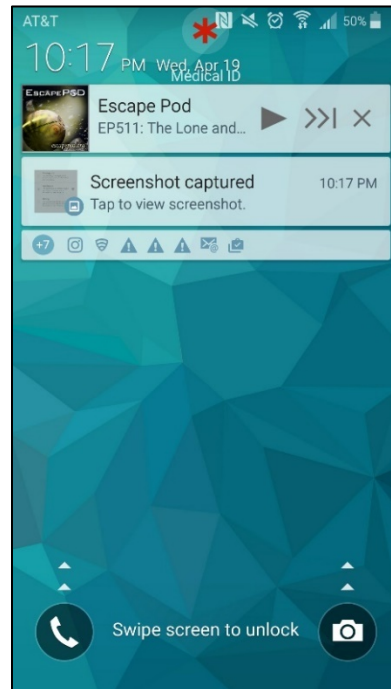

You can try them all and see which you like best. Lock your phone to see what they look like.

Here is what the "Floating icon" looks like when the phone is locked:

To see your Medical ID, tap twice on the red icon at the top.

This is what your Medical ID will look like: