If you couldn’t speak, could your phone?

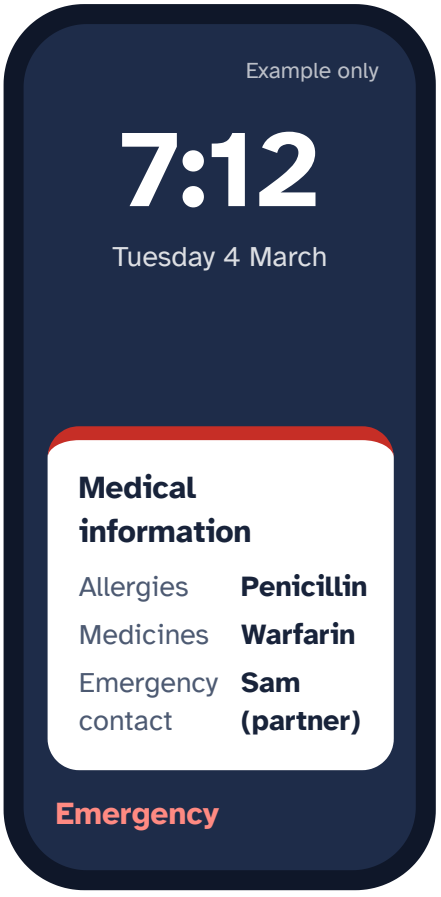
Many phones can make your emergency contacts and important medical information available from the lock screen. Add your details, check that they can be shown when locked, and test what is visible.

Set up your phone

Add your allergies, medicines, conditions and an emergency contact. Then make sure the setting that shows them on the lock screen is on, lock your phone, and look for yourself.

Only add what you are sure is correct, and what you don’t mind a stranger seeing.

Your emergency contact’s name and number may be visible too. Ask them first.



On someone else’s phone

In an emergency, call your local emergency number and follow the call-taker’s instructions. Do not delay first aid to look for a phone or medical information.

Wake the screen and look for Emergency, then Medical ID or Medical info. On some phones you swipe up to the passcode screen first. Names and screens differ between phones. Only look at what shows without unlocking.

No information found does not mean the person has no allergies or medical conditions.

yourphonecouldhelp.org

For setup steps, follow your phone maker’s own guide, linked on the site. 2026-11-02