

# THE BACKUP PLAN

## How To Set Up An iCE Contact On Your iPhone



### What Is iCE?

During Hurricane Katrina, so many people were injured & separated from their families, that emergency workers came up with the idea of putting an iCE – In Case Of Emergency – contact in their cell phones. Now, hospitals worldwide, check patient's phones for their iCE contact, to locate their next of kin.

Everyone in your family should have 2 iCE contacts on his cell phone, just in case the first person is unavailable. If you've gone through our book, [Get Your Stuff Together](#), you already know what information goes into the contact. So let's learn how to set up your iCE contact on your iPhone.

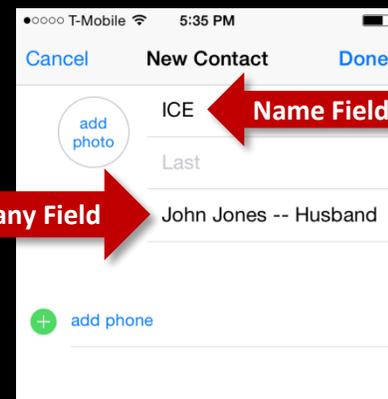
### Grab Your Phone & Let's Get Started

1

Who will your two iCE Contacts be? Your spouse, partner, best friend, parent or close relative?

Once you decide, **Touch the Contacts Icon** on your iPhone to open up your Contacts. Click on the plus sign + to add a new contact and **touch the Name Field**. Don't put the name of your contact in this field, only the word **iCE**.

Now touch the **Company Name Field**. This is where you put your contact's name and relationship to you. For example, John Jones - Husband.



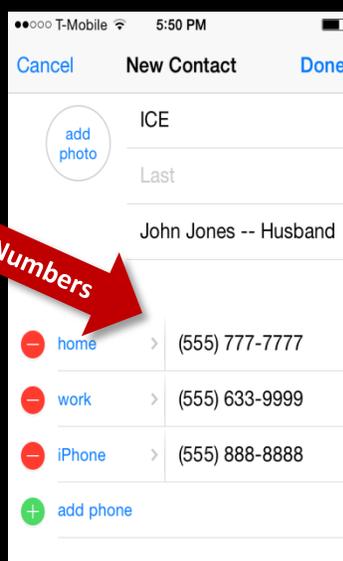
### Enter All of Your Information

2

Put **all the information you possibly can** into your two iCE Contacts. For example:

- Your emergency contact's Main Number/Cell number/ Work number
- Email Address & IM, Twitter and Facebook address (in case landlines are down & you need to send an emergency message )
- Other info, for example, days that the contact is at a certain location
- Add extra fields if you need them.

Use the Notes Section to list your Allergies, Current Medications or the Names & Numbers of your Physicians.



## What About Your Medical History?

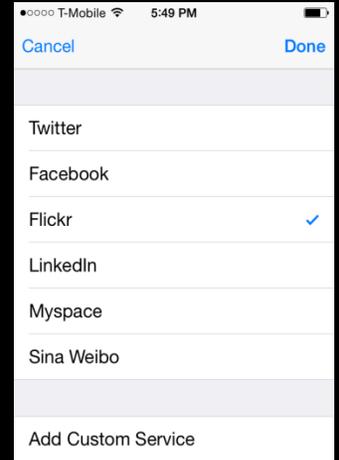
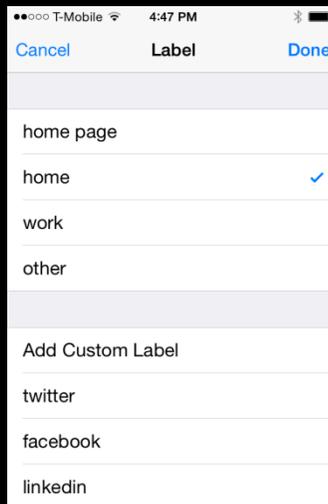
3

Need more than just a few lines to communicate your medical history. Then create a [medical history form](#) and store it to a password protected online folder & place a link to the form in your iCE contact. This way a doctor can access your, your spouse's or your kids basic medical history, while you're en route to the hospital.

Oh and if you don't have a form, just download ours by right clicking the link above.

By the way, don't forget to make [emergency cards](#) for your family too. [Download them here](#), and tuck them into their wallets with their ID, just in case their mobile phones can't be accessed after an accident or regional emergency.

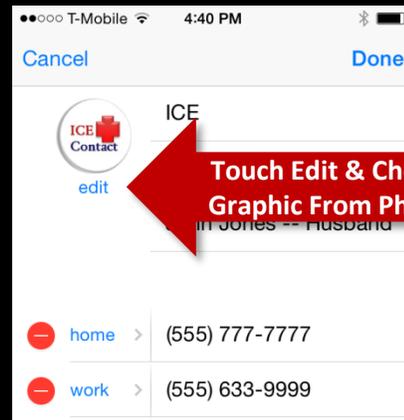
To add fields to your contact, press the field name until the menu appears, then choose the field or label you want.



## Make Your iCE Contacts Stand Out

4

Make your iCE contacts stand out, by using the **Add Photo** function to upload a graphic to your phone, like the ones on this page. You can make your own, or download ours free. [Right click this link](#) then choose Save Target As, to add it to your desktop. Save the graphic to photos on your iPhone, **Touch Edit, Choose** the picture & **Save** it to your contact.

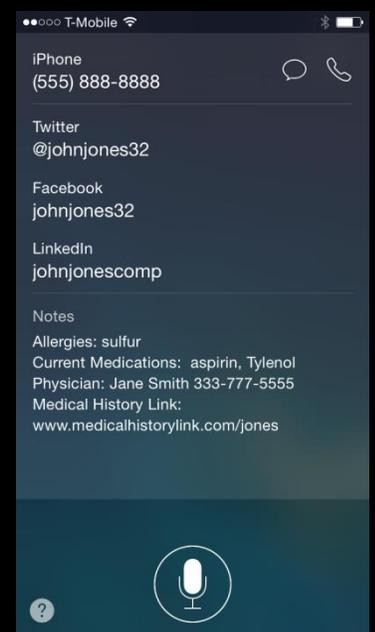


## What If Your iPhone Is Password Locked?

5

THAT'S why we had you put nothing but the word iCE in the Name field of your iCE Contact. Even when your iPhone is password locked, all an Emergency Room has to do is **Press and Hold Down** the **Main Home Key** on your phone to access Siri. Then say to Siri, "**Contacts iCE**". Siri will then display all the information you have saved as iCE. This won't work on some iPhones. It depends on the model and operating system.

To test your phone, set up your iCE contact, lock your iPhone and ask Siri to locate the contact. If it doesn't work, simply put your iCE Contact information on your lock screen as a graphic. Problem solved!



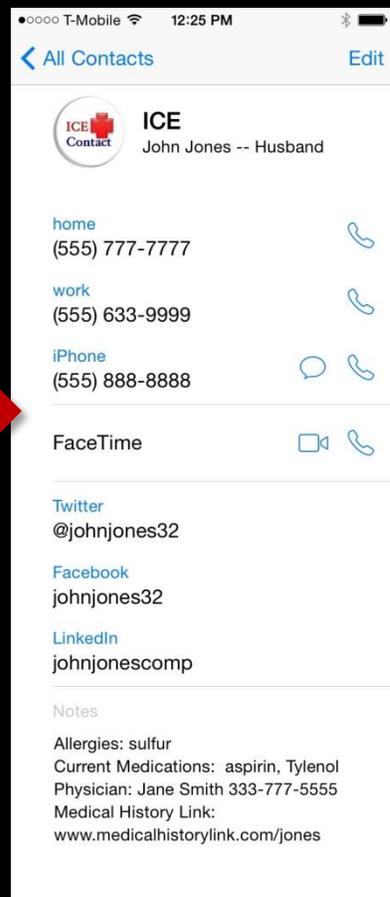
# Turn Your Phone Into A Mobile Command Center

# 6

While you're at it, you can even **turn your phone** into a **Mobile Command Center**. Just store copies of your family's medical history forms, emergency action plans, checklists and [Evacuation Plan](#), right on your phone and those of each member of your immediate family.

And while you have them, don't forget to put iCE Contacts on their phones as well, including along with each other's contact information. That way you can all get in touch with each other quickly in an emergency.

Completed Contact



## What's Next? Well now that you're done ICEing your phone, you can...

- ICE your spouse's and kid's phones and iPods.
- ICE your parents phones.
- Share this How-To with your friends and family -- #ICEmyphone.
- Make Emergency Wallet Cards (they're in the download file)
- Shoot a quick picture or video of you and your family ICEing your phones and share it on [Twitter](#), [Facebook](#), [Pinterest](#) or [You Tube](#) with the hash tag #ICEmyphone. Be sure to watch our social media, because we'll feature the best ones every month!

## Here are More Amazing Things You Can Do In 5 Minutes Or Less

- [Create Your Family's Evacuation Plan](#)
- [Download and Back Up Your Digital Photos](#)
- [Keep Your Medical History At Your Fingertips](#)
- [Save Your Albums & Cassettes As MP3s](#)
- [Earthquake Proof Your Bedroom](#)
- [Fill Out Your Kid's Emergency Contact Card](#)

*That Backup Plan of yours is coming along nicely.  
Here are a few other resources you're gonna love...*

*Laura & Jan Greenwald  
Authors/Creators of Get Your Stuff Together*



This is just a fraction of the tools and resources you'll find in our latest book "[Get Your Stuff Together](#)," now available on Amazon.com for \$24.99. Over 200 pages packed with the info you and your family need to keep everything that's important to you -- photos, music, videos, data and keepsakes -- safe from life's little and not so little emergencies.

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