

# How Putting ICE on Your Cell Phone Can Save Your Life

**H**ave you ever wondered, "If I got in a severe car accident or collapsed while walking down the street, how would someone know who to contact?"

It's a legitimate question.

Because if you were unconscious and unable to respond, how would your loved ones find out where you are? It's the reason why tens of thousands of Americans are putting ICE into their phone. No, I'm not talking about a frozen cube of water. Rather, ICE stands for "In Case of Emergency."

There are a few ways to make sure your loved ones are promptly notified in the event of an unfortunate mishap:

## STEP 1: Simply Add the Word "ICE" in Front of Your Contacts

The steps can vary depending on phone type, but typically you:

- 1) Select the name of a contact from your phone's contact list
- 2) Choose "Edit Contact"
- 3) Click on contact's first name and type "ICE" in front of it

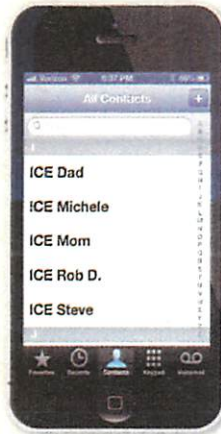


## STEP 2: Complete the ICE Form

In pen, write your emergency contact and medical information on the Medical Alert Card below.

## STEP 3: Take a Picture of the Card with Your Cell Phone

Simply hold your phone directly above the Medical Alert Card and snap a picture of the information.



The picture will be stored in your phone and you can select it to appear as "wallpaper" or as the "lock screen" image. This way, even if your phone is locked, emergency personnel will be able to view the ICE information.

- 1) Simply click on the image you took with your camera of your ICE card
- 2) Select "Use as Wallpaper"
- 3) Then click "Set as Lock Screen"

## STEP 4: Put the Medical Alert Card in your Wallet

Be prepared (even if you happen to be without your cell phone). Cut out the completed form and carry it in your wallet or keep it in the glove box of your car. You can also laminate it so that it's durable.

## STEP 5: Notify Your ICE Contacts

Let your loved ones know that you've chosen them as your ICE contacts. Review your medical alerts with them so that they are informed and understand what to do in the event of an emergency.

**Bottom Line's MEGA CURES** is packed with more ways to protect your health and reverse today's deadliest diseases. See the enclosed FREE book for more life-saving information.

Cut out this life-saving card NOW and keep it in your wallet.



### ICE MEDICAL ALERT CARD for:

ICE Contact #1

Name \_\_\_\_\_

Tel # ( ) \_\_\_\_\_

ICE Contact #2

Name \_\_\_\_\_

Tel # ( ) \_\_\_\_\_

Doctor's Name \_\_\_\_\_

Tel # \_\_\_\_\_

Pharmacy Name \_\_\_\_\_

Tel # \_\_\_\_\_



### MEDICAL ALERTS

- |                                        |                                             |
|----------------------------------------|---------------------------------------------|
| <input type="radio"/> Asthma           | <input type="radio"/> Implants              |
| <input type="radio"/> Diabetic         | <input type="radio"/> Premedicate           |
| <input type="radio"/> Hearing Impaired | <input type="radio"/> <u>NO</u> Epinephrine |
| <input type="radio"/> Stroke Patient   | <input type="radio"/> On Anticoagulants     |
| <input type="radio"/> Heart Condition  | <input type="radio"/> Pacemaker             |

Food or Drug Allergies: \_\_\_\_\_

Medications: \_\_\_\_\_

Other: \_\_\_\_\_