



What should I put on my Medical-Alert ID?

Here is the basic information we recommend:

Your First and Last Name

Adrenal Insufficiency

Steroid Dependent

Emergency Contact Number



What Medical-Alert ID Products are available?

Medical-Alert ID Tags

Medical-Alert ID Bracelets,
Necklaces, Charms

Medical-Alert ID Wallet Cards

iPhone® Emergency ID

Set up Emergency Medical ID in iOS 8.x on iPhone® and iPad

Step #1: Open the Health app.

Step #2: Tap on Medical ID menu at the bottom.

Step #3: If you have not set up any information for Medical ID, tap on Create Medical ID.

Step #4: Fill in all the details for medical conditions, allergies, notes, etc.

Step #5: You might also want to enable the Show When Locked switch. Enabling this means your Medical ID info will be visible even without unlocking the lock screen.

Resource List:

Laurenshope.com

Medicalert.org

Caresfoundation.org