

*EMS Options, LLC.
ICE (In Case of Emergency)
Applications Guide*



IMPORTANT NOTE: This document now covers all brands of ICE (In Case of Emergency) applications built by EMS Options, LLC.



If you do not find the information to solve your problem, please feel free to contact: support@ems-options.com



ICE (In Case of Emergency)

**User Guide
Document Version 2.0
January 14, 2011**



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Overview

Over the years, the cell phone has been transformed into a very sophisticated device that could be used to improve the outcome of people suffering from an emergency medical event. Almost everyone is getting a cell phone for work, pleasure or simply carrying them for emergency situations. This gives us a common device, that most people will have available, to provide critical information to personnel during these rare and unfortunate events. The option of utilizing a cell phone to store basic Emergency Medical Data that can be accessed and used by EMS personnel to treat the patient would ultimately save many lives.

ICE

ICE is a must have application in the event of a medical emergency! Whether you are unconscious or just nervous, this program will store the necessary medical information in an easily accessible format and alert EMS personnel if you become unconscious. This application has the capability of storing more than just the basic information needed to treat you on the scene of your emergency; *ICE* helps you keep track of your medications, past medical conditions, allergies and much, much more.

Features

- * Fast access to your emergency service number (911, 999 ...)!
 - * Alert Function
After dialing your emergency service number, the phone goes into an alert mode and will sound an audible alert every two minutes. This will allow EMS personnel to find your phone and medical information if you become incapacitated!
- * Pass code Wallpaper
This will allow you to set a custom message on your wallpaper in case of an emergency.
- * Stores all of the critical information needed in an emergency situation.
- * Dials Emergency contacts within *ICE*.
- * Track current and past medical conditions
These features provide the user with the ability to maintain a list of the current medications being taken, current medical conditions, allergies, and medical history, including past surgeries.

Why *ICE*?

EMS personnel are becoming more and more aware of the capabilities of cellular technology and smart phones. Just as they were trained to look for "Medic Alert Tags" and other medical information alert devices years ago, they are now being taught to look for information stored in digital formats and on cellular phones.

Designed by an EMS Director with over 30 years experience as a firefighter/paramedic and emergency room medic, this program has all that is needed for the EMS crews and ER staff to treat you appropriately.



ICE (In Case of Emergency)

ICE is a product developed by EMS Options, LLC, which has combined personnel skills with over 23 years experience in the Information Technology field, and extensive cellular programming knowledge, with 30 years Fire/EMS experience to provide an intuitive, easy to use application. *ICE* will help Fire/EMS personnel save more lives!

EMS Options has built into the design a convenient way to store medical information, so that *ICE* can also be used to make your daily life easier. We believe you will find that this application will stand out among the rest in reliability, ease of use and meeting your needs during very stressful times.

Recommendations





EMS Options recommends that you place the “*ICE*” Icon in the upper or lower left-hand corner of the main page and if you use the “Pass code” feature, activate the screensaver option with an emergency contact name and number. This feature is built into this application’s set-up and will give the emergency contact listed the option to verify who the caller is and provide a Pass code for access to your medical information.





Using ICE

The ICE main screen is always the first screen displayed upon launching the application. (Depending on the speed of your device, you may see a logo screen temporarily while it's loading.) The main screen displays the owner's name, age and photo (if available) and a list of categories or icons of information available for viewing and/or modifying. It also contains the "Play" button that activates the recording the user creates in the Tools & Settings section. The name and photo are obtained from the iPhone Address Book (Contacts) once you have selected your own contact information through the use of the Personal Information edit screen (refer to the Personal Information section of this document for more details on setting up your personal information). The age information is determined from the "Date of Birth" setting also found within the Personal Information settings.

There are two additional buttons on the ICE navigation bar. The  (Alert EMS) button allows you to dial your emergency service number and set the application into *Alert Mode* (see the *Alert EMS* section for more details). The  button (shown below), allows for all of the entered information to be viewed at once, in a scrollable screen. This facilitates rapid access for Emergency responders.

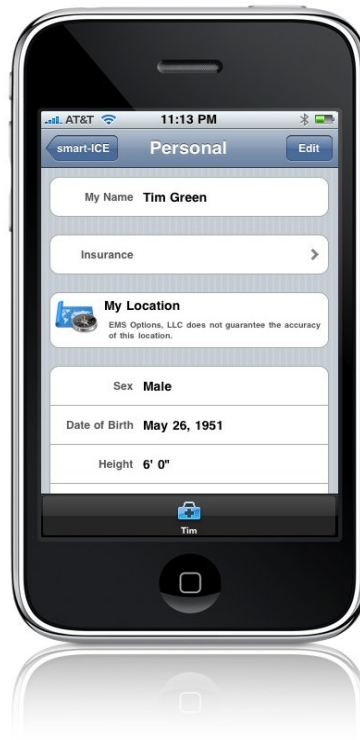
The illustration below shows the main screen of the ICE application. Touching any of the cells in the list will result in the display of the screen associated with that cell. Refer to the corresponding section in this document for more details on those screens and how to use them.





Personal Information

The Personal Information screen contains information of a personal nature for use by emergency medical personnel. There are two basic sections to this screen. The first is the upper section with the label "My Name". This contains your first and last name as entered in the Contacts application on your iPhone. This contact information will also be used (along with the entered Date of Birth) for display on the main screen of *ICE*. The lower section contains general information that you can set individually while touching the desired cell while in *Edit* mode.



Personal Information Screen

To change the information on this screen, first touch the **Edit** (Edit) button. This puts the Personal Information screen into *Edit* mode. Once in this mode, you can modify any of the information by touching the desired cell. To finish editing and exit *Edit* mode, touch the **Done** (Done) button. Using the *Edit* mode feature helps to prevent anyone from inadvertently changing any of your personal information.

The following sections provide more details on setting each of the personal information attributes on this screen.



NOTE

ICE allows you to enter your name freeform or use your iPhone's Address Book for setting your name. Please make sure that both the first name and the last name properties in your Contacts are set for *ICE* to use.




NOTE

THE "INSURANCE" AND "MY LOCATION" TABS ARE ACTIVE, BUT NOT YET DETAILED IN THIS MANUAL. Contact support@ems-options.com for assistance with these features!

My Name



Touching the cell labeled *My Name*/Contacts on the Personal Information screen brings up the Contacts selection screen (shown on the left). This screen is similar to the Contacts main screen except that contacts can only be selected from this screen and not added.

To exit this screen, either touch the  (Cancel) button or select one of the contacts from the list (the search control or the alphabetical index can be used to find the desired contact from the list).



NOTE

To have a photo appear when selecting a name from your contacts, you must have a photo assigned to that persons contact record in your iPhone.

Sex



Touching the cell labeled *Sex* on the Personal Information screen brings up the 'Select Sex' screen (shown on the left). This screen allows you to select your sex by touching the appropriate cell (Male or Female). A checkmark is shown in the cell of the currently selected choice.



Touch this button to save the new choice and exit this screen



Touch this button to return to the Personal Information screen without saving changes.



Date of Birth



Touching the cell labeled *Date of Birth* on the Personal Information screen brings up the 'Set Date of Birth' screen (shown on the left). This screen allows you to select your date of birth by using the Date Picker wheel to scroll to the month, day and year of your birth.

Save Touch this button to save the new date and exit this screen.

Cancel Touch this button to return to the Personal Information screen without saving changes.

Height



Touching the cell labeled *Height* on the Personal Information screen brings up the 'Set Height' screen (shown on the left). This screen allows you to enter your height (in feet and inches). Touching either the Feet or the Inches cell causes the numeric keypad to appear. Use the numeric keypad to update the height as desired.

Save Touch this button to save the new height and exit this screen.

Cancel Touch this button to return to the Personal Information screen without saving changes.



Weight



Touching the cell labeled *Weight* on the Personal Information screen brings up the 'Set Weight' screen (shown on the left). This screen allows you to enter your weight (in pounds). Touching the Weight (lbs) cell causes the numeric keypad to appear. Use the numeric keypad to update your weight as desired.

You may also select English (lbs), Metric (kg), & Stones (st).



Touch this button to save the new weight and exit this screen.



Touch this button to return to the Personal Information screen without saving changes.

Hair Color



Touching the cell labeled *Hair Color* on the Personal Information screen brings up the "Hair Color" screen (shown in the 3 snapshots above). The first screen on the left above shows the main view for this screen which contains a list of hair colors preset for your selection. Simply touching the cell that corresponds to the color of your hair will result in that color being selected as noted by the checkmark to the left of the selection. If however, the color of your hair is not already in the list of available colors, you can add a new hair color by touching the button on the right-hand side of the top navigation bar. A new screen will appear containing a single cell allowing the entry of a new hair color. Touching the cell will cause the full keyboard to appear, which can then be used to type your color description. As with the other screens, touching the *Save* button will save the new entry and return to the previous screen. Touching the *Cancel* button will discard the





change and return to the prior screen. When a new color is added to the list and saved, that will become the currently selected item in the list. Touch another cell to change your selection. Once you've completed your updates, touch the *Done* button to return to the Personal Information screen.

Religion



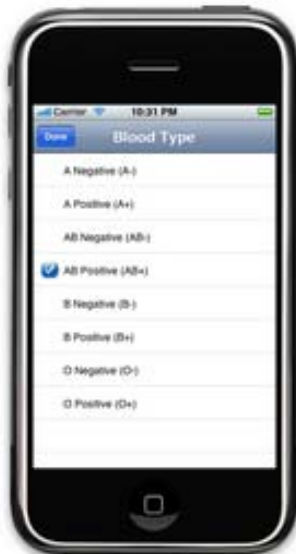
Touching the cell labeled *Religion* on the Personal Information screen brings up the 'Religion' screen (shown on the left). This screen allows you to enter your religion. In order to select a religion, find the desired religion name from the list by either scrolling and/or touching the index letter on the right-hand side of the screen to jump to the religions starting with that letter.


Touching the desired cell will result in the checkmark  being placed next to your selection. If you cannot locate your religion in the preset list of religions, you can touch the  button to add a new religion name to the list. This feature works identically to the Hair Color list (see Hair Color).



Touch this button to exit this screen.

Blood Type



Touching the cell labeled *Blood Type* on the Personal Information screen brings up the 'Blood Type' screen (shown on the left). This screen allows you to enter your blood type. In order to select a blood type, find your blood type name from the list. Touching the desired cell will result in the checkmark  being placed next to your selection.




Touch this button to exit this screen.



Eye Color

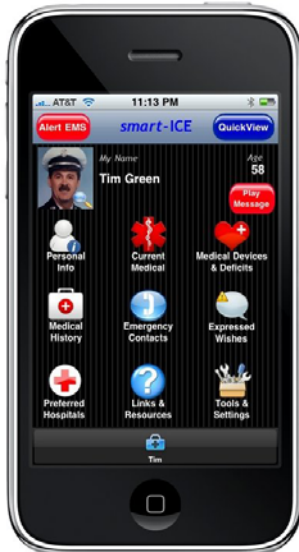


Touching the cell labeled *Eye Color* on the Personal Information screen brings up the 'Eye Color' screen (shown on the left). This screen allows you to enter your eye color. In order to select an eye color, find your color name from the list. Touching the desired cell will result in the checkmark  being placed next to your selection.



Touch this button to exit this screen.

Updated Main Screen



Once you've selected your contact information and set your date of birth within the Personal Information screens, the main screen will be updated with your full name, your contact photo (if available), and your age (calculated from your date of birth).



Current Medical Information

The My Medical screen contains information related to your current medical situations. This includes your current list of medical problems, a detailed list of the medications that you are currently taking, and any allergies that you have.




The main screen has four menu choices that direct you to the more detailed information available in that category. In parenthesis next to the category name is a number that corresponds to the current number of problems, medications, and allergies respectively.

Emergency personnel can easily see on this screen whether or not they need to look at these categories in more detail based on this information. A (0) next to the category name means that you have made no selections in this category.

Current Problems

On the current problems main screen (entitled “Problems”), a list of the currently selected medical conditions are displayed. Following the screen flow in the diagram below, you can see the transition of screens used to select your current conditions/problems.



Use the  (Edit) button to open up the list of conditions available for selection. Once opened, you can scroll through the list and/or touch one of the letters on the index (alphabetical list on the



right-hand side of the screen) to jump to the section containing conditions starting with that letter. If you can't find the condition that you are looking for, you can use the **+** button to add a new one (we'll explain that in the next section). Touching an individual cell containing the condition of choice will result in the cell being marked with a checkmark that identifies all of the selected conditions. You can have multiple conditions/problems, so every cell that you've selected will have a checkmark in it. If you made a mistake or no longer have a condition and want to deselect it, just touch the cell again and the checkmark will disappear. Once you've finished making your selections, touch the button and the Problems screen will reappear containing your selected conditions. This is shown to the right of the diagram.

Adding a new Condition



When adding a new condition, a screen will appear that contains a cell with a label called 'Condition'. Touching this cell causes the standard keypad to appear. Use the keypad to enter the name of your condition.

Save Touch this button to save the new condition and exit this screen.

Cancel Touch this button to return to the Conditions screen without saving the new condition.






If a condition matching the name entered already exists in the list, an error alert will appear. Type in a new name for this condition or go back to the Conditions screen and select that condition instead. If you save the new condition, it will automatically be selected (checked) when you return to the Conditions screen.



Current Medications

The Medications screen displays the list of current medications that you are taking. This list is initially empty until medications are selected. The diagram below shows the standard transition from the Medications main screen to the selection screen, and finally, the resulting Current Medications screen once a selection has been made.



Touch the  (Add Meds) button (see the screen on the left of the diagram above) to jump to the list of Medications screen. Once opened, you can scroll through the list and/or touch one of the letters on the index (alphabetical list on the right-hand side of the screen) to jump to the section containing medications starting with that letter. If you can't find the medication that you are looking for, you can use the  button to add a new one (we'll explain that in the next section). Touching an individual cell containing the medication of choice will result in the cell being marked with a checkmark  that identifies all of the selected medications. You can have multiple medications, so every cell that you've selected will have a checkmark in it. If you made a mistake or are no longer taking a particular medication and want to deselect it, just touch the cell again and the checkmark will disappear. Once you've finished making your selections, touch the  button and the main Medications screen will reappear containing your selected medications. This is shown to the right of the diagram. You will notice that the medication cell on this main screen contains quite a bit of additional information on the medication. This information can be filled in by touching the detail accessory button  which will allow updates to this information as described in the *Editing a Medication* section.



Adding a new Medication



When adding a new medication, a screen will appear that contains a cell with a label called 'Medication'. Touching this cell causes the standard keypad to appear. Use the keypad to enter the name of your medication.



Touch this button to save the new medication and exit this screen.



Touch this button to return to the Medications list screen without saving the new medication.

If a medication matching the name entered already exists in the list, an error alert will appear. Type in a new name for this medication or go back to the Medications list screen and select that medication instead. If you save the new medication, it will automatically be selected (checked) when you return to the Medications list screen.

Editing a Medication



When editing a medication, a screen will appear that contains six (6) cells with more information on the medication that can be entered. Touching any cell causes the standard keypad, numeric keypad, or data picker/wheel to appear. Use the keypad or picker to enter the details for your medication.



Touch this button to save the medication updates and exit this screen.



Touch this button to return to the Medications main screen without saving any updates for the medication.

The information and its meaning can be found in the following chart.

Medication Details

Detail	Description
Dosage	The amount and unit for the dosage prescribed for this medication (e.g. 10 mg)
Doses	The frequency that this medication is taken (e.g. 1 per day)
Ending Date	The ending date for your current prescription of this medication.
Last Fill	The date on which you last filled or refilled your medication.
Quantity	The total size of the prescription filled in terms of pill count or liquid volume for instance.
Comments	Any comments regarding this medication that would be helpful to you or emergency personnel.



Allergies

The Allergies screen contains information related to your current allergy situations. This includes your current list of medication, food, and/or other allergies. Each allergy identified within the allergy category allows for the entry of the reaction to the allergen as well as what treatment that you typically undergo when you have an allergic reaction to the allergen.



The main screen has three menu choices that direct you to the more detailed information available in that category. In parenthesis next to the category name is a number that corresponds to the current number of medication allergies, food allergies, and other allergies respectively.

Emergency personnel can easily see on this screen whether or not they need to look at these categories in more detail based on this information. A (0) next to the category name means that you have made no selections in this category.

Medication Allergies

The Medication Allergies screen displays the list of current medications that cause you to have an allergic reaction. This list is initially empty until medications are selected. The diagram below shows the standard transition from the Medication Allergies main screen to the selection screen, and finally, the resulting Medication Allergies screen once a selection has been made.





Touch the **Edit** (Edit) button (see the screen on the left of the diagram above) to jump to the list of Medications screen. Once opened, you can scroll through the list and/or touch one of the letters on the index (alphabetical list on the right-hand side of the screen) to jump to the section containing medications starting with that letter. If you can't find the medication that you are looking for, you can use the **+** button to add a new one (we'll explain that in the Add a New Allergy Item section). Touching an individual cell containing the medication of choice will result in the cell being marked with a checkmark **✓** that identifies all of the selected medications. You can have multiple medications, so every cell that you've selected will have a checkmark in it. If you made a mistake or are no longer experiencing allergic reactions to a particular medication and want to deselect it, just touch the cell again and the checkmark will disappear. Once you've finished making your selections, touch the button and the main Medication Allergies screen will reappear containing your selected medications. This is shown to the right of the diagram. You will notice that the medication cell on this main screen contains additional information related to your reaction and any treatment for that reaction to the medication. This information can be filled in by touching the detail accessory button **ⓘ** which will allow updates to this information as described in the *Editing Allergy Details* section.

Editing Allergy Details



When editing a medication allergy, a screen will appear that contains two (2) cells with more information on the medication allergy that can be entered. Touching any cell causes the standard keypad to appear. Use the keypad to enter the details for your allergic reaction and treatment.

Save Touch this button to save the allergy updates and exit this screen.

Cancel Touch this button to return to the Medications main screen without saving any updates for the medication allergy.

The information and its meaning can be found in the following chart.

Allergy Details

Detail	Description
Reaction	The type of reaction that you get to a medication, food, or other allergen.
Treatment	The type of treatment that you typically employ when you have a reaction to this medication, food, or other allergen.



Editing a New Allergy Item



When adding a new allergy item, a screen will appear that contains a cell with a label called 'Medication', 'Food', or 'Allergy' depending upon the type of allergy item being added. Touching this cell causes the standard keypad to appear. Use the keypad to enter the name of your medication, food, or other allergen.

Save Touch this button to save the new item and exit this screen.

Cancel Touch this button to return to the Medications, Foods, or Other Allergy list screen without saving the new item.

If an item matching the name entered already exists in the list that is being added to, an error alert will appear. Type in a new name for this item or go back to the list screen and select that item instead. If you save the new item, it will automatically be selected (checked) when you return to the list screen.


Food Allergies

The Food Allergies screen displays the list of current foods that cause you to have an allergic reaction. This list is initially empty until food(s) are selected. The diagram below shows the standard transition from the Food Allergies main screen to the selection screen, and finally, the resulting Medication Allergies screen once a selection has been made.



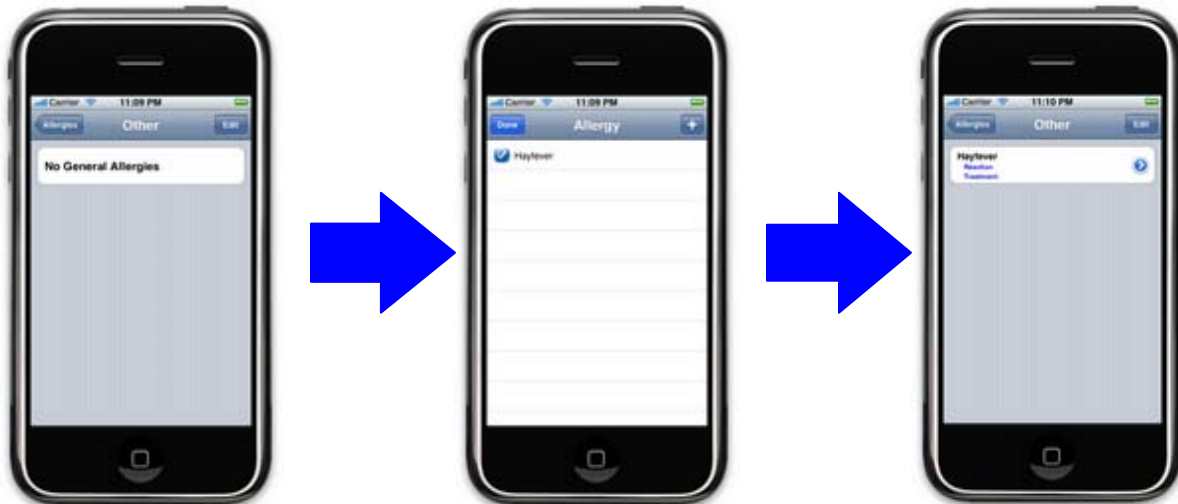
Touch the **Edit** (Edit) button (see the screen on the left of the diagram above) to jump to the list of Foods screen. Once opened, you can scroll through the list to the desired food. If you can't find the food that you are looking for, you can use the **+** button to add a new one (we'll explain that in the Adding a New Allergy Item section). Touching an individual cell containing the food of choice will result in the cell being marked with a checkmark that identifies all of the selected foods.







You can have multiple food allergy selections, so every cell that you've selected will have a checkmark in it. If you made a mistake or are no longer experiencing allergic reactions to a particular food and want to deselect it, just touch the cell again and the checkmark will disappear. Once you've finished making your selections, touch the button and the main Food Allergies screen will reappear containing your selected foods. This is shown to the right of the diagram. You will notice that the food allergy cell on this main screen contains additional information related to your reaction and any treatment for that reaction to the food allergy. This information can be filled in by touching the detail accessory button  which will allow updates to this information as described in the *Editing Allergy Details* section.

Other Allergies

The Other Allergies screen displays the list of current general allergens that cause you to have a reaction. This list is initially empty until allergen(s) are selected. The diagram below shows the standard transition from the Other Allergies main screen to the selection screen, and finally, the resulting Other Allergies screen once a selection has been made.



Touch the  (Edit) button (see the screen on the left of the diagram above) to jump to the list of Allergens screen. Once opened, you can scroll through the list to the desired allergen. This list is initially empty. If you can't find what you are looking for, you can use the  button to add a new one (we'll explain that in the Adding a New Allergy Item section). Touching an individual cell containing the item of choice will result in the cell being marked with a checkmark  that identifies all of the selected allergens. You can have multiple allergy selections, so every cell that you've selected will have a checkmark in it. If you made a mistake or are no longer experiencing allergic reactions to a particular item and want to deselect it, just touch the cell again and the checkmark will disappear. Once you've finished making your selections, touch the button and the main Other Allergies screen will reappear containing your selected allergens. This is shown to the right of the diagram. You will notice that the allergy cell on this main screen contains additional information related to your reaction and any treatment for that reaction to the allergen. This information can be filled in by touching the detail accessory button  which will allow updates to this information as described in the *Editing Allergy Details* section.



Medical Devices/Deficits

The Medical Devices/Deficits screen as the name implies contains information regarding your medical devices (pacemaker, defibrillator, etc.) and deficits (vision, hearing, etc.) that would be useful for emergency medical personnel to be know. Each device/deficit category is its own section on this screen. In the following sections, we'll describe each one of those sections and the information contained therein.



Medical Devices/Deficits Screens (Normal & Edit Mode)

To change the information on this screen, first touch the **Edit** (Edit) button. This puts the Medical Devices/Deficits screen into *Edit* mode. Once in this mode, you can modify any of the information by touching the desired cell. To finish editing and exit *Edit* mode, touch the **Done** (Done) button. Using the *Edit* mode feature helps to prevent anyone from inadvertently changing any of your information. The right-hand image in the illustration above shows a sample of the Medical Devices/Deficits screen in *Edit* mode.

The following sections provide more details on setting each of the devices and deficits information attributes on this screen.



Defibrillator



Touching the cell under the *Defibrillator* section on the Medical Devices/Deficits screen brings up the 'Defibrillator' edit screen (shown on the left). This screen allows you to change the switch setting for Defibrillator to either Yes or No depending on whether you have a defibrillator or not and if so, also allows for you to enter a model number in the 'Model' cell using the standard keyboard that appears when you touch inside this cell.



Touch this button to save the new settings and exit this screen



Touch this button to return to the Medical Devices/Deficits screen without saving changes.

Pacemaker



Touching the cell under the *Pacemaker* section on the Medical Devices/Deficits screen brings up the 'Pacemaker' edit screen (shown on the left). This screen allows you to change the switch setting for Pacemaker to either Yes or No depending on whether you have a pacemaker or not and if so, also allows for you to enter a model number in the 'Model' cell using the standard keyboard that appears when you touch inside this cell.



Touch this button to save the new settings and exit this screen



Touch this button to return to the Medical Devices/Deficits screen without saving changes.



Hearing

There are two cells within the Hearing section. Editing for each cell item is described in the next two sections.

Hearing Aid



Touching the Hearing Aid cell under the *Hearing* section on the Medical Devices/Deficits screen brings up the 'Hearing Aid' edit screen (shown on the left). This screen allows you to change the switch settings for Hearing Aid to either Yes or No for each ear (left and right) depending on whether you have a hearing aid or not in either the left ear, right ear, or both.

Save Touch this button to save the new settings and exit this screen

Cancel Touch this button to return to the Medical Devices/Deficits screen without saving changes.

In the main devices screen, you will see 'Left', 'Right', or 'Both' indicated for the Hearing Aid based on the selections made on this screen.

Deaf



Touching the Deaf cell under the *Hearing* section on the Medical Devices/Deficits screen brings up the 'Deaf' edit screen (shown on the left). This screen allows you to change the switch settings for Deaf to either Yes or No depending on whether you are deaf or not.

Save Touch this button to save the new settings and exit this screen

Cancel Touch this button to return to the Medical Devices/Deficits screen without saving changes.



Vision

There are four cells within the Vision section. Editing for each cell item is described in the next four sections.

Glasses



Touching the Glasses cell under the *Vision* section on the Medical Devices/Deficits screen brings up the 'Glasses' edit screen (shown on the left). This screen allows you to change the switch settings for Glasses to either Yes or No depending on whether you wear glasses or not.

Save Touch this button to save the new settings and exit this screen

Cancel Touch this button to return to the Medical Devices/Deficits screen without saving changes.

Contacts



Touching the Contacts cell under the *Vision* section on the Medical Devices/Deficits screen brings up the 'Contacts' edit screen (shown on the left). This screen allows you to change the switch settings for Contacts to either Yes or No depending on whether you wear contacts or not.

Save Touch this button to save the new settings and exit this screen

Cancel Touch this button to return to the Medical Devices/Deficits screen without saving changes.



Blind



Touching the Blind cell under the *Vision* section on the Medical Devices/Deficits screen brings up the 'Blind' edit screen (shown on the left). This screen allows you to change the switch settings for Blind to either Yes or No for each eye (left and right) depending on whether you experience blindness or not in either the left eye, right eye, or both.

Save Touch this button to save the new settings and exit this screen

Cancel Touch this button to return to the Medical Devices/Deficits screen without saving changes.

In the main devices screen, you will see 'Left', 'Right', or 'Both' indicated for the Blind vision setting based on the selections made on this screen.

Artificial Eye



Touching the Artificial Eye cell under the *Vision* section on the Medical Devices/Deficits screen brings up the 'Artificial Eye' edit screen (shown on the left). This screen allows you to change the switch settings for Artificial Eye to either Yes or No for each eye (left and right) depending on whether you have an artificial eye or not in either the left eye or right eye.

Save Touch this button to save the new settings and exit this screen

Cancel Touch this button to return to the Medical Devices/Deficits screen without saving changes.

In the main devices screen, you will see 'Left', 'Right', or 'Both' indicated for the Artificial Eye based on the selections made on this screen.



Language

There are two cells within the Language section. Editing for each cell item is described in the next two sections.

English



Touching the English cell under the *Language* section on the Medical Devices/Deficits screen brings up the 'English' edit screen (shown on the left). This screen allows you to change the switch settings for English to either Yes or No depending on whether you speak the English language or not.

Save Touch this button to save the new settings and exit this screen

Cancel Touch this button to return to the Medical Devices/Deficits screen without saving changes.

Other



Touching the Other cell under the *Language* section on the Medical Devices/Deficits screen brings up the 'Other' edit screen (shown on the left). This screen allows you to add an additional spoken language that would be beneficial for emergency personnel to know. Touching in the 'Other' cell on this screen causes the standard keyboard to appear to allow you to type in the name of your other language.

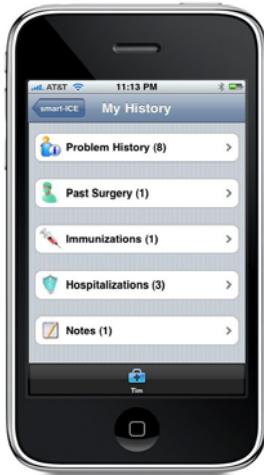
Save Touch this button to save the new settings and exit this screen

Cancel Touch this button to return to the Medical Devices/Deficits screen without saving changes.



Medical History

The My History screen contains information related to your historical medical situations. This includes your past list of medical problems and any surgeries that you may have had.




The main screen has five menu choices that direct you to the more detailed information available in that category. In parenthesis next to the category name is a number that corresponds to the current number of problems or surgeries respectively.

Emergency personnel can easily see on this screen whether or not they need to look at these categories in more detail based on this information. A (0) next to the category name means that you have made no selections in this category.

Problem History (Problems)

On the historical problems main screen (entitled “Problems”), a list of the currently selected medical conditions are displayed. Following the screen flow in the diagram below, you can see the transition of screens used to select your past conditions/problems.



Use the  (Edit) button to open up the list of conditions available for selection. Once opened, you can scroll through the list and/or touch one of the letters on the index (alphabetical list on the



right-hand side of the screen) to jump to the section containing conditions starting with that letter. If you can't find the condition that you are looking for, you can use the **+** button to add a new one (we'll explain that in the next section). Touching an individual cell containing the condition of choice will result in the cell being marked with a checkmark that identifies all of the selected conditions. You can have multiple past conditions/problems, so every cell that you've selected will have a checkmark in it. If you made a mistake or just want to remove a past condition and need to deselect it, just touch the cell again and the checkmark will disappear. Once you've finished making your selections, touch the button and the Problems screen will reappear containing your selected conditions. This is shown to the right of the diagram.

Adding a new Condition



When adding a new condition, a screen will appear that contains a cell with a label called 'Condition'. Touching this cell causes the standard keypad to appear. Use the keypad to enter the name of your condition.

Save Touch this button to save the new condition and exit this screen.

Cancel Touch this button to return to the Conditions screen without saving the new condition.





If a condition matching the name entered already exists in the list, an error alert will appear. Type in a new name for this condition or go back to the Conditions screen and select that condition instead. If you save the new condition, it will automatically be selected (checked) when you return to the Conditions screen.



Past Surgery

On the past surgery main screen (entitled “Surgery”), a list of your currently selected past surgeries are displayed. Following the screen flow in the diagram below, you can see the transition of screens used to select your past surgeries.



Use the  (Edit) button to open up the list of surgeries available for selection. Once opened, you can scroll through the list. The list of surgery choices is initially empty. So, to add a new surgery entry, touch the  button (we’ll explain adding a new surgery in the next section). Touching an individual cell containing the surgery of choice will result in the cell being marked with a checkmark  that identifies all of the selected past surgeries. You can have multiple past surgeries, so every cell that you’ve selected will have a checkmark in it. If you made a mistake or just want to remove a past surgery and need to deselect it, just touch the cell again and the checkmark will disappear. Once you’ve finished making your selections, touch the button and the Surgery screen will reappear containing your selected surgeries. This is shown to the right of the diagram. You will notice that the surgery cell on this main screen contains quite a bit of additional information on the medication. This information can be filled in by touching the detail accessory button  which will allow updates to this information as described in the *Editing a Surgery* section.



NOTE

TABS FOR “IMMUNIZATIONS” AND “HOSPITALIZATIONS” ARE NOT DETAILED IN THIS MANUAL AT THIS TIME. For assistance, please contact support@ems-options.com.



Adding a new Surgery



When adding a new surgery, a screen will appear that contains a cell with a label called 'Surgery. Touching this cell causes the standard keypad to appear. Use the keypad to enter the name of your surgery.

Save Touch this button to save the new surgery and exit this screen.

Cancel Touch this button to return to the Surgery screen without saving the new surgery.

If a surgery matching the name entered already exists in the list, and error alert will appear. Type in a new name for this surgery or go back to the Surgery screen and select that surgery instead. If you save the new surgery, it will automatically be selected (checked) when you return to the Surgery screen.

Editing a Surgery



When editing a surgery, a screen will appear that contains four (4) cells with more information on the surgery that can be entered. Touching any cell causes the standard keypad, phone keypad, or data picker/wheel to appear. Use the keypad or picker to enter the details for your surgery.

Save Touch this button to save the surgery updates and exit this screen.

Cancel Touch this button to return to the Surgery main screen without saving any updates for the surgery.

The information and its meaning can be found in the following chart.

Surgery Details

Detail	Description
Type	Specifies the type of surgery that was undergone.
Date	The date of the surgery.
Surgeon/First	The first name of the primary surgeon.
Surgeon/Last	The last name of the primary surgeon.
Phone	The phone number of the primary surgeon.



Emergency Contacts

The Emergency Contacts screen contains information regarding your desired contacts in the event of an emergency that would be useful for emergency medical personnel to know. The screen has seven categories of contacts, each of which can have zero or more contact names and numbers. By touching the Categories button, you can also add a Contact Type of your own, by clicking Add, on the Contact Type screen. The contact names and numbers are set by choosing those contacts from your iPhone Address Book.



Emergency Contact Screens (Normal & Edit Mode)



• NOTE

THE SCREEN ABOVE ON THE LEFT IS OUT OF DATE, AND MISSING THE "CATEGORIES" TAB AT THE BOTTOM.

To change the information on this screen, first touch the **Edit** (Edit) button. This puts the Emergency Contacts screen (entitled Contacts) into *Edit* mode. Once in this mode, you can modify any of the information by touching the desired cell or button. To finish editing and exit *Edit* mode, touch the **Done** (Done) button. Using the *Edit* mode feature helps to prevent anyone from inadvertently changing any of your information. The right-hand image in the illustration above shows a sample of the Emergency Contacts screen in *Edit* mode. The next section, *Editing Emergency Contacts*, provides information on how to set up your contacts for emergency situations.



• NOTE

ICE uses your iPhone's Address Book for setting your Emergency Contacts. Please make sure that both the first name and the last name properties along with up to 3 phone numbers in your Contacts are set for ICE to use.



Editing Emergency Contacts

After you've touched the Edit button on the Contacts screen, you'll notice the buttons on the left-hand side of the screen. These buttons allow you to add or delete contacts from each emergency contact category. When adding a new contact, after touching the 'Add' button, an empty contact cell will be added to that category. Touch inside the cell to set or change the contact name and number(s) for that contact. Touching the cell brings up the 'All Contacts' screen containing all of your address book contacts. Select the desired contact by touching within the contact cell of choice. The selected contact will then appear in the Emergency Contacts cell along with up to three (3) of the contact numbers for that person.



Emergency Contacts (Add, Delete, Change Contact)



Touching the button will cause the (Delete) button to appear within the cell. Touching the larger Delete button will then remove the contact from your list of contacts in that category. The illustration above shows the Contacts screen in edit mode and the All Contacts screen used to select contacts. While in normal mode, touching a contact cell allows you or emergency personnel to dial the desired contact. If that contact has multiple phone numbers, a list is displayed from which to choose which of those numbers for that contact that you wish to dial as shown in the figure to the left.



Expressed Wishes

The Expressed Wishes screen contains information regarding your expressed wishes in the event of an emergency that would be essential for emergency medical personnel to know. Along with each expressed wish, you can specify who should be contacted in order to convey that wish to emergency personnel. The screen is initially empty, indicated by “No Expressed Wishes” being displayed on the screen. To add an expressed wish, touch the **Add/Del Wish** (Add/Del Wish) button on the bottom toolbar of the screen. A list of wishes will be displayed as shown in the diagram below. You can choose to use one of the existing wishes or add one of your own (refer to the *Adding Expressed Wishes* section for more details). After selecting your wishes, they will initially not have any contacts (as shown). The contact names and numbers are set by choosing those contacts from your iPhone’s address book.



To change the contact information on this screen for any of the selected expressed wishes, first touch the **Edit** (Edit) button. This puts the Expressed Wishes Contacts screen (entitled Wishes) into *Edit* mode. See *Editing Expressed Wishes Contacts* for more information.



Editing Expressed Wishes Contacts

After you've touched the Edit button on the Wishes screen, you'll notice the buttons on the left-hand side of the screen. These buttons allow you to add or delete contacts from each expressed wish. When adding a new contact, after touching the 'Add' button, an empty contact cell will be added to that expressed wish. Touch inside the cell to set or change the contact name and number(s) for that contact. In the case of expressed wishes, at least one contact will always be present. This mandatory cell can only be modified, it cannot be removed. Touching a cell while in Edit mode brings up the 'All Contacts' screen containing all of your address book contacts. Select the desired contact by touching within the contact cell of choice. The selected contact will then appear in the Expressed Wishes cell along with up to three (3) of the contact numbers for that person.



Expressed Wishes Contacts (Add, Delete, Change Contact)



Touching the button will cause the (Delete) button to appear within the cell. Touching the larger Delete button will then remove the contact from your list of contacts in that category. The illustration above shows the Contacts screen in edit mode and the All Contacts screen used to select contacts. While in normal mode, touching a contact cell allows you or emergency personnel to dial the desired contact. If that contact has multiple phone numbers, a list is displayed from which to choose which of those numbers for that contact that you wish to dial as shown in the figure to the left. This feature works exactly like dialing from the Emergency Contacts screen as shown in the figure on the left.



NOTE

ICE uses your iPhone's Address Book for setting your Expressed Wishes contacts. Please make sure that both the first name and the last name properties along with up to 3 phone numbers in your Contacts are set for ICE to use.



Adding Expressed Wishes



When adding a new expressed wish, a screen will appear that contains a cell with a label called 'Wish'. Touching this cell causes the standard keypad to appear. Use the keypad to enter the name of your expressed wish.

Save Touch this button to save the new expressed wish and exit this screen.

Cancel Touch this button to return to the Wish screen without saving the new expressed wish.





If an expressed wish matching the name entered already exists in the list, an error alert will appear. Type in a new name for this expressed wish or go back to the Wish screen and select that expressed wish instead. If you save the new expressed wish, it will automatically be selected (checked) when you return to the Wish screen.



Preferred Hospitals

On the Preferred Hospitals screen (entitled “Hospitals”), a list of your currently selected preferred hospitals are displayed. Following the screen flow in the diagram below, you can see the transition of screens used to select your preferred hospitals.



Use the  (Edit) button to open up the list of hospitals available for selection. Once opened, you can scroll through the list. The list of hospital choices is initially empty. So, to add a new hospital entry, touch the  button (we'll explain adding a new hospital in the next section). Touching an individual cell containing the hospital of choice will result in the cell being marked with a checkmark  that identifies all of the selected preferred hospitals. You can have multiple preferred hospitals, so every cell that you've selected will have a checkmark in it. If you made a mistake or just want to remove a preferred hospital and need to deselect it, just touch the cell again and the checkmark will disappear. Once you've finished making your selections, touch the  button and the Hospitals screen will reappear containing your selected preferred hospitals. This is shown to the right of the diagram.



Adding a New Hospital



When adding a hospital, a screen will appear that contains five (5) cells with more information on the new hospital entry. Touching any cell causes the standard keypad, number keypad, or state picker/wheel to appear. Use the keypad or picker to enter the name and address details for your new hospital entry.



Touch this button to save the hospital entry and exit this screen.



Touch this button to return to the Hospitals main screen without saving the new hospital entry.


The information and its meaning can be found in the following chart.

Hospital Details

Detail	Description
Hospital	The name of the hospital entry.
Street	The street address of the new hospital entry.
City	The city name of the new hospital entry.
State	The name of the state for the new hospital entry.
Zip	The zip code for the new hospital entry.



Alert EMS


ICE provides an emergency mode feature designed to make it quick and easy to dial 911 or another designated emergency service number and sets the application into Alert Mode. To set the application into Alert Mode, touch the  (Alert EMS) button on the navigation bar of the main screen.



EMS Alert will confirm your intention to put the application into Alert Mode and dial your emergency service number (i.e. 911, 999 ...). The emergency service number that the EMS Alert will initiate dialing for will appear in the confirmation popup for Alert Mode. Select 'Ok' to complete the dialing or 'Cancel' to discontinue the action.

Launching Alert Mode



Once your emergency call has ended, the ICE application will re-launch. From this point forward, the application will be in Alert Mode until turned off by touching the  (Alert Off) button. As long as ICE is in this mode, the navigation bar will appear in red and your iPhone will make an audible sound familiar to emergency personnel alerting them of the phone's presence. This audible tone will occur approximately every two minutes and play for about 5 seconds at each interval. Once the alert is turned off, the navigation bar returns to its normal color and appearance and the alert tone will no longer sound.



Wallpaper Set Up

ICE provides another feature designed to help emergency personnel access critical information in your ICE application, even when the iPhone is locked. Using the Create Wallpaper feature found in Tools & Settings, you can create lock screen wallpaper that provides contact information for EMS personnel to use to call your chosen contact and get your pass code to unlock your iPhone.

To set up your lock screen wallpaper, touch the Create Wallpaper button on the navigation bar of the Set Up screen. Once on this screen, enter your emergency contact # and instructions in the areas provided.



For convenience, you can use the “Contacts” button to select a contact from your iPhone Address Book (this will use the first phone number found for the selected contact). Then, use your iPhone Photo Library or your iPhone camera to obtain a photo to use to generate your wallpaper. Once the picture and information have been set, touch the “Next” button. You will now be asked to “Set Photo”. Touch the Photo or Camera button to select or take a photo to use. Select the photo and click “Next”. You may now locate the banner in the top, middle or bottom of the screen. When you are satisfied, click “Create” to generate your wallpaper and save it to your photo library. Exit ICE and open your iPhone Photo Library to find your new modified photo. Select this photo as the phone’s wallpaper and you’re done. The next time your iPhone is locked, this modified photo with the emergency contact number and instructions will be used for the display.



Setting Your Emergency Service Number

The Tools & Settings tab, also allows you to change your emergency service number for *ICE* to use for dialing emergency services on your behalf. The default emergency service number is 911. This will appear in the “General” tab, under “Emergency Service #”. To change the number, simply touch the tab and an input screen will appear. Touch the Service# input area under the Emergency Services # prompt on the Set Up screen and enter the local Emergency Service Number.



Change/Confirm/Save Emergency Service Number

Touching the input area will cause the display of the phone number keypad for use in entering a new number. Touch the **Save** (Save) button once you've finished entering the new number. A confirmation dialog will appear at this point, which you will have to indicate your intention by either touching 'Yes' or 'No'.



THE FOLLOWING NEW FEATURES ARE NOT INCLUDED IN THIS VERSION OF THE USER GUIDE:

INSURANCE INFORMATION- This feature allows storage of your primary, secondary and tertiary insurance information. It also stores a picture of your insurance card.

MY LOCATION- This feature allows you to quickly find your location if you find yourself in unfamiliar surroundings and need to give an address or location to the 911 dispatcher.

LAUNCH VIEW- This feature allows you to change the launch view to any of these four options:

Menu

QuickView

Audio

Audio with QuickView.

MENU VIEW- Displays the main menu in list format or icons.

QUICKVIEW DISPLAY- Displays all entered data immediately upon opening in a scrollable window.

ACCESS PASSWORD- Allows you to set a password and security question

ACCESS CONTROL- Allows you to set access controls for edit purposes and access to insurance information.

E-MAIL MEDICAL INFORMATION- This feature allow you to e-mail selected data to any e-mail address.

IN CASE OF EMERGENCY AUDIO- Allows you to set an "Audio" message that play on opening or at the push of the "Play" button on the main page.

All of these features will be documented and added as soon as possible! For information on any issue, please feel free to contact us at support@ems-options.com.