



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.

But what about the times when you or your children don't have your smartphone with you? Like when you're out running or playing sports? All those times you don't have room in a pocket – if you even have a pocket – for a full-sized phone. I bet you or your kids have something else with you though. Your iPod Touch. And thanks to the nice, brilliant folks at Apple, you can add an ICE Contact to it quickly and easily.

Everyone in your family should have 2 ICE contacts on his cell phone, just in case the first person is unavailable.

So let's learn how to set up an ICE Contact on your iPod Touch.

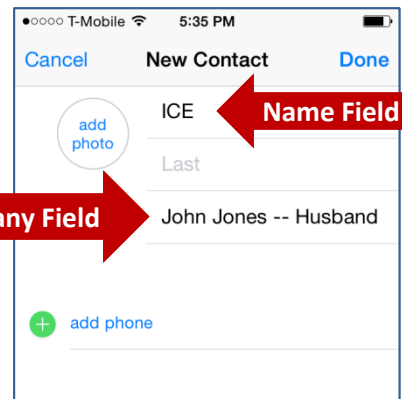
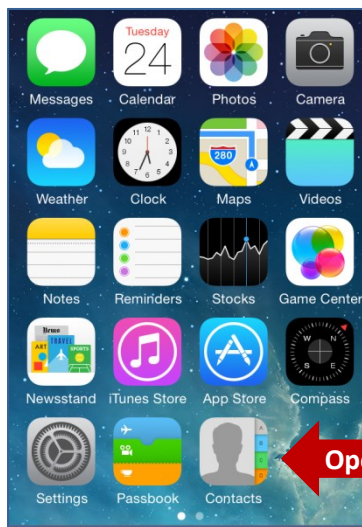
Grab Your Phone & Let's Get Started

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 iPod 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**. By the way, if you don't see a plus sign to add a new contact, it just means that you need to turn on iCloud first. Just Go to **Settings**, then **Choose iCloud** and turn on **Contacts**.

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

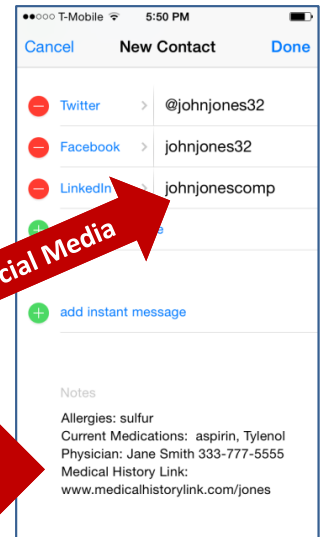
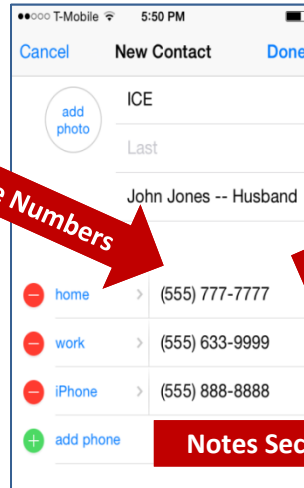


Enter All of Your Information

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.



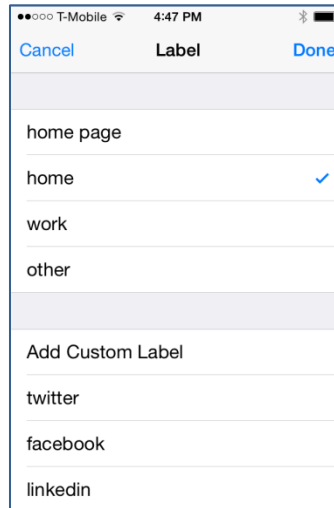
Notes Section

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.

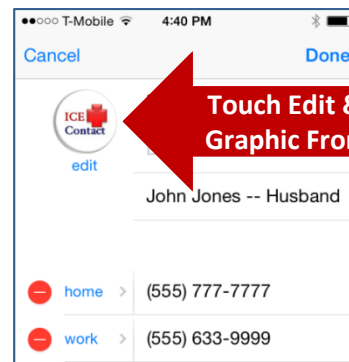


To add fields to your contact, press the field name until the menu appears, then choose the field or label you want.

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 iPod, like the ones on this page. You can make your own, or download ours free by going to the [Free Resources Page](#). Save the graphic you like to Photos on your iPod, **Touch Edit**, **Choose** the picture & **Save** it to your contact.



Touch Edit & Choose Graphic From Photos

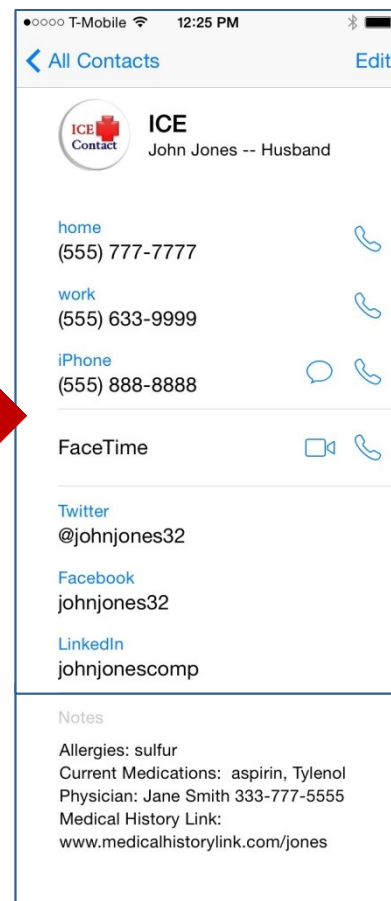
Turn Your Phone Into A Mobile Command Center

5

While you're at it, you can even **turn your iPod** 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 iPod and those of each member of your immediate family.

And while you have them, don't forget to put ICE Contacts on your family's iPods, iPhones and smartphones 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 iPod, 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*



Our newest program [The Backup Plan 3.0](#)! Quick and easy steps you can take **right now**, to keep everything that's important to you, safe, sound and accessible. Each section covers a different area, from family photos, vital documents and music, to videos, computer files, family history and recipes. Just download the free Grab It & Go Forms and Action Plans (included), complete them and save them to your computer or use the ones right inside the book and you'll be ready to deal with emergencies small (a broken arm) or large (Superstorm Sandy). [Pick up your Paperback copy today at Amazon.com for \\$29.99](#) [Or the new Downloadable PDF Edition for \\$8.00.](#) [Read more about it](#)

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