

# HOW TO SAVE YOUR BREAKTHROUGH BLEED MANAGEMENT PLAN ON YOUR PHONE

Follow these steps on how to put your breakthrough bleed management plan on your phone in case of an emergency.

## iPhone

These instructions are for your reference only. Instructions based on **iOS 18.3.2**, as of **March 2025**.

- 1 Open the **Health** app.
- 2 Tap your profile in the top-right corner.
- 3 Tap **Medical ID**.
- 4 If you haven't set up a Medical ID before, tap **Get Started**. If you already have one, proceed to step 5.
- 5 Tap **Add** or **Edit** next to a field to add or edit your information.
- 6 Under **Photo and Information**, fill in your personal details including your **Name** and **Date of Birth**. Tap **Done** to save.
- 7 Under **Medications**, enter the name, dose, and frequency of your prophylactic and on-demand medication from your bleed management plan. Add any other medications you are taking. Tap **Done** to save.
- 8 Under **Allergies**, enter any allergies. Tap **Done** to save.
- 9 Under **Emergency Contacts**, tap **Add Emergency Contact**. Select a contact from your phone's contact list and select their relationship to you. Tap **Done** to save.
- 10 Scroll down. Under **Conditions**, enter hemophilia and specify the type (A or B). Enter your inhibitor status (with or without an inhibitor). Tap **Done** to save.
- 11 Under **Additional Information**, enter your blood type, your doctor's details, and any other relevant information. Tap **Done** to save.
- 12 Scroll up. Make sure **Show When Locked** is enabled. This allows first responders to access your Medical ID from the lock screen.
- 13 Enable **Share During Emergency Call** to share your Medical ID automatically when you call emergency services.
- 14 Once all the information is entered, tap **Profile** in the top-left corner then tap **Done** in the top-right corner.
- 15 To check your Medical ID is accessible from the lock screen, swipe up and tap **Emergency** on the passcode screen, then tap **Medical ID**. Tap **Done** to close.

# HOW TO SAVE YOUR BREAKTHROUGH BLEED MANAGEMENT PLAN ON YOUR PHONE

Follow these steps on how to put your breakthrough bleed management plan on your phone in case of an emergency.

## Android

These instructions are for your reference only. Instructions based on **Android 15**, as of **March 2025**.

- 1 Open the **Settings** app.
- 2 Scroll down and tap **Safety and emergency**.
- 3 Tap **Medical information**.
- 4 Fill in your personal details such as **Name**, **Date of birth**, and **Blood type**. Tap **OK** to save.
- 5 Tap **More** to bring up more fields.
- 6 Tap **Medications** and enter the name, dose, and frequency of your prophylactic and on-demand medication from your bleed management plan. Add any other medications you are taking. Tap **OK** to save.
- 7 Tap **Allergies** and enter any allergies. Tap **OK** to save.
- 8 Tap **Medical notes** and enter hemophilia, specifying the type (A or B) and your inhibitor status (with or without an inhibitor).
- 9 You can also enter your doctor's details and any other notes. Tap **OK** to save.
- 10 Scroll down and tap **Emergency contacts**. Tap **Add contact**. Select a contact from your phone's contact list. Tap and drag the contacts to change the order if needed. Tap **SAVE** in the top-right corner.
- 11 Once all the information is entered, scroll down and tap **Change setting**.
- 12 Make sure **Show when locked** is enabled. This allows first responders to access your Medical information from the lock screen.
- 13 Enable **Share during emergency call** to share your Medical information automatically when you call emergency services.
- 14 To check your Medical information is accessible from the lock screen, swipe up and tap **Emergency** on the passcode screen, then tap **View emergency info**.

# HOW TO SAVE YOUR BREAKTHROUGH BLEED MANAGEMENT PLAN ON YOUR PHONE

Follow these steps on how to put your breakthrough bleed management plan on your phone in case of an emergency.

## Google Pixel

These instructions are for your reference only. Instructions based on **Android 15**, as of **March 2025**.

- 1 Open the **Personal Safety** app.
- 2 If asked, sign in to your Google Account.
- 3 Tap **Medical information** and tap the fields to add or edit your information.
- 4 Fill in your personal details such as **Name**, **Blood type**, and **Allergies**. Tap **OK** to save.
- 5 Tap **More** to bring up more fields.
- 6 Tap **Medications** and enter the name, dose, and frequency of your prophylactic and on-demand medication from your bleed management plan. Add any other medications you are taking. Tap **OK** to save.
- 7 Tap **Medical notes** and enter hemophilia, specifying the type (A or B) and your inhibitor status (with or without an inhibitor).
- 8 Use this space to enter your doctor's details and any other notes. Tap **OK** to save.
- 9 Tap **Emergency contacts**. Tap **Add contact**. Select a contact from your phone's contact list. Tap **OK** to save.
- 10 Once all the information is entered, scroll down and tap **Done**.
- 11 Make sure **Allow access to emergency info** is enabled. This allows first responders to access your Medical information from the lock screen.
- 12 Enable **Share during emergency call** to share your Medical information automatically when you call emergency services.
- 13 To check your Medical information is accessible from the lock screen, tap the screen or press the power button. On the passcode screen tap **Emergency call**, then tap **View medical info**.