A Complete Guide to Understanding

FALL DETECTION ON THE APPLE WATCH

The fall detection feature is
is available for Apple
Apple Watch SE or Apple Watch
Series 4 or later.

Three things will happen if you have a
fall while wearing the watch:

- **It taps you on the wrist**
- **An alarm will go off**
- **An alert will be displayed on screen**

If your Apple Watch detects that you're moving, it will wait for you to respond to the alert. The automatic call to emergency services will NOT be made. However, if your watch detects that you have not moved for about a minute, it WILL make the call automatically.

After detecting that you have been immobile it begins a 30-second countdown. During the countdown you will feel a tapping on the wrist and the sound of an alarm. The alarm gets louder, so that you or someone nearby can hear it. If you are able to hear the alar and respond and do no require emergency services, you can tap CANCEL. When the countdown ends, your Apple Watch automatically contacts emergency services if you do no respond.

TURNING FALL DETECTION ON OR OFF ON THE APPLE WATCH

There are 3 easy steps to enabling fall detection on your Apple Watch.

● **Open the Apple Watch app on your iPhone.**
Note that you must have an iPhone to pair with your watch, an iPad will NOT work.

● **Press Emergency SOS**

● **Press turn Fall Detection on or off.**
If Fall Detection is on, you can select Always on or Only on during workouts.
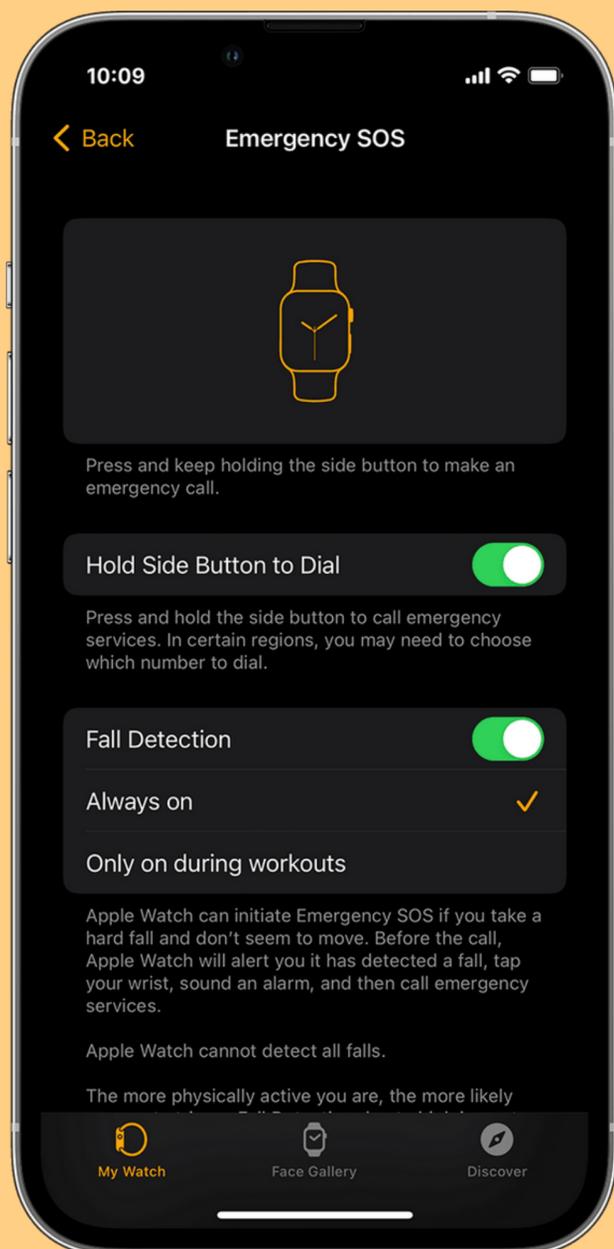
SETTING UP WRIST DETECTION

Wrist Detection must be turned on for your watch to automatically call emergency services if it detects that you have been immobile for one minute.

To enable Wrist Detection:

● **Open the settings app on your Apple Watch**

● **Press Passcode, then make sure that Wrist Detection is turned on.**

SETTING UP MEDICAL ID AND ADDING EMERGENCY CONTACTS

Setting up medical ID allows first responders to access your critical medical information and history.

It includes medical details such as your medical conditions, allergies & reactions, medications, blood type, weight, height, age and the information for your emergency contacts.

There are 5 easy steps to set up your Medical ID and emergency contacts.

Open Settings on your iPhone.

Press Health > Medical ID.

Press edit then enter your date of birth and enter your health information (medical history, medications etc .

To add an emergency contact, press the add button ➕ **under emergency contacts. Tap a contact, then add their relationship.**

To remove an emergency contact, press the remove button ➖ **next to the contact, then press delete.**

10:09

✳ Medical ID

Cancel   Done

Information

Michael Cavanna

edit

➖ Date of Birth   Apr 1, 1976

Medical Conditions
Hypertension

Medical Notes
None listed

Allergies & Reactions
Peanuts

Medications
Lisinopril (10mg by mouth once a day)

➖ Blood Type   AB+

➕ add organ donor

➖ Weight   180 lb