



Healthy Aging Assessment & Technology Guide for Seniors

A comprehensive guide for assessing wellness and leveraging technology for healthy aging.

PART 1: HEALTHY AGING ASSESSMENT & ACTION PLAN

This section provides tools to evaluate your current health status and create personalized action plans for improving overall wellness.



PERSONAL HEALTH GOALS WORKSHEET

Your Information:

- Name: _____
- Age: _____
- Date: _____

Current Health Status:

- Overall health rating (1-10): Energy level (1-10): _____
- Mobility level (1-10): _____
- Mood/mental health (1-10): _____

Top 3 Health Concerns:

01

02

03

Health Goals for This Year:

Physical Health Goals:

☐ Goal: _____

Why important: _____ Success measure: _____

Target date: _____

☐ Goal: _____

Why important: _____ Success measure: _____

Target date: _____

Mental/Emotional Health Goals:

☐ Goal: _____

Why important: _____ Success measure: _____

Target date: _____

☐ Goal: _____

Why important: _____ Success measure: _____

Target date: _____

Social Health Goals:

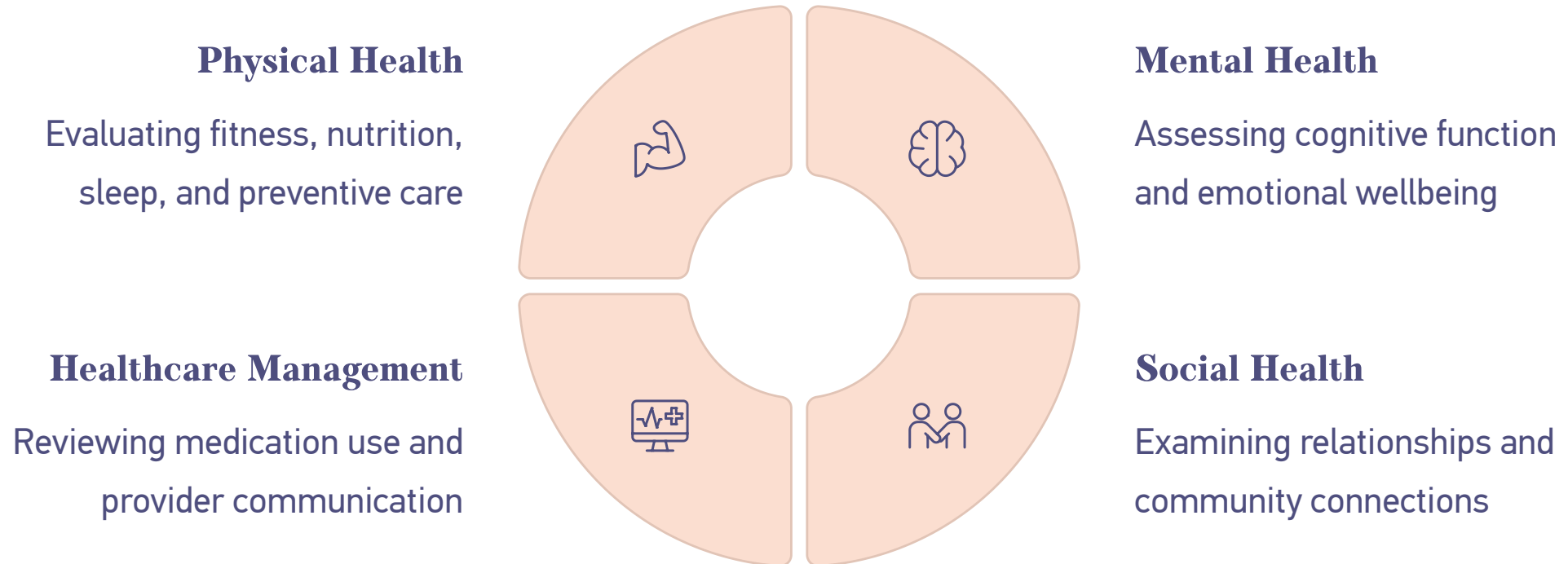
☐ Goal: _____

Why important: _____ Success measure: _____

Target date: _____

COMPREHENSIVE WELLNESS ASSESSMENT

A thorough evaluation of your current wellness status across multiple dimensions of health.



PHYSICAL WELLNESS EVALUATION

Rate each area: 1 = Needs major improvement, 5 = Excellent

Area	Rating	Current Habits	Goal for Improvement
Cardiovascular Fitness			
Strength & Balance			
Flexibility			
Nutrition			
Sleep Quality			
Preventive Care			
Medication Management			

Current Exercise Routine:

- Frequency: _____ times per week
- Duration: _____ minutes per session
- Types of activity: _____
- Enjoyment level (1-10): _____

Nutrition Assessment:

- ☐ I eat 5+ servings of fruits/vegetables daily
- ☐ I drink 6-8 glasses of water daily
- ☐ I limit processed foods
- ☐ I take recommended vitamins/supplements
- ☐ I maintain a healthy weight
- ☐ I enjoy cooking/meal preparation

Sleep Quality Check:

- Average hours per night: _____
- Sleep quality (1-10): _____
- Sleep challenges: _____
- Bedtime routine: _____

MENTAL & EMOTIONAL WELLNESS

Cognitive Health Assessment:

- ☐ I engage in mentally stimulating activities
- ☐ I learn new skills/hobbies regularly
- ☐ I can remember recent events clearly ☐ I feel mentally sharp most days
- ☐ I enjoy reading/puzzles/games
- ☐ I stay current with technology

Emotional Well-being Check:

- ☐ I feel optimistic about the future
- ☐ I manage stress effectively
- ☐ I express emotions in healthy ways
- ☐ I maintain a positive outlook
- ☐ I feel a sense of purpose
- ☐ I practice gratitude regularly

Stress Management:

- Current stress level (1-10):

- Main stress sources:

- Coping strategies used:

- Stress relief activities enjoyed:

- Activities

Mental Agility Practices

- Crossword puzzles and word games
- Learning a new language or skill
- Reading books on unfamiliar topics
- Taking classes or workshops

Emotional Wellness Practices

- Daily gratitude journaling
- Mindfulness meditation
- Creative expression through art
- Connecting with supportive friends

Stress Management Techniques

- Deep breathing exercises
- Progressive muscle relaxation
- Nature walks or gardening
- Limiting news consumption

SOCIAL WELLNESS EVALUATION

Social Connection Assessment:

- Number of close friends: _____
- Frequency of social contact: _____
- Quality of relationships (1-10): _____
- Loneliness level (1-10): _____

Social Activities:

- ☐ Regular contact with family
- ☐ Friendship maintenance
- ☐ Community involvement
- ☐ Volunteer activities
- ☐ Group participation (clubs, church, etc.)
- ☐ Intergenerational connections

Community Engagement:

- ☐ I participate in community activities
- ☐ I volunteer my time to help others
- ☐ I have a sense of belonging
- ☐ I contribute to causes I care about
- ☐ I mentor younger people
- ☐ I learn from others' experiences

2-3

Weekly Social Interactions

Recommended minimum for
maintaining strong social
connections

30%

Lower Health Risks

Reduction in health risks for
seniors with strong social
networks

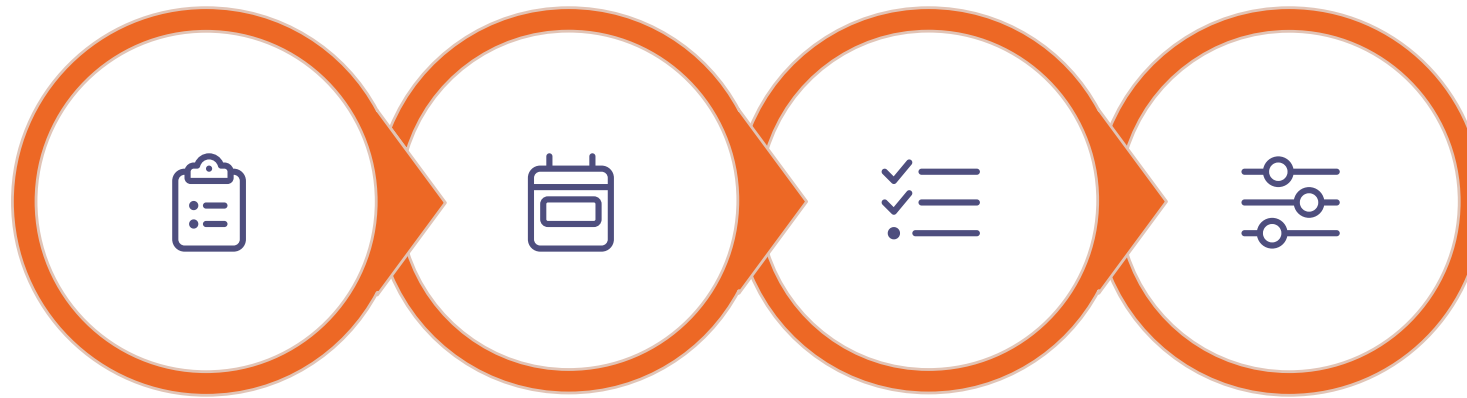
5+

Social Network Size

Recommended number of close
connections for optimal wellbeing

WELLNESS TRACKING TEMPLATES

Use these templates to monitor your progress and identify patterns in your health and wellness journey.



Daily Log

Weekly Reflect

Monthly Review

Adjust Goals

Consistent tracking helps identify patterns, celebrate progress, and make informed adjustments to your wellness plan. The following templates provide structured formats for monitoring different aspects of your health.

DAILY WELLNESS LOG

Week of: _____

Day	Exercise (type/ duration)	Nutrition (quality 1- 5)	Sleep (hours)	Social (activities)	Mood (1-10)	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Tracking Tips

- Complete your log at the same time each day
- Be honest with your entries
- Look for patterns across different categories
- Use the notes section to record insights

Benefits of Daily Tracking

- Increases awareness of habits
- Helps identify triggers for mood changes
- Creates accountability
- Provides data for healthcare providers

Weekly Reflection

Best day this week:

Biggest challenge:

Success to celebrate:

Goal for next week:



Reflection Questions

What activities gave me the most energy this week?

Pattern Recognition

Did I notice any connection between my sleep and mood?

Adjustment Planning

What one small change could improve my wellness next week?

Taking time for weekly reflection helps identify patterns, celebrate successes, and make thoughtful adjustments to your wellness routine. This practice builds self-awareness and supports continuous improvement in your health journey.

MONTHLY PROGRESS TRACKER

Month: _____ Year: _____

Goals Progress:

☐ Goal 1: _____

Progress: _____% complete

Obstacles: _____

Adjustments needed: _____

☐ Goal 2: _____

Progress: _____% complete

Obstacles: _____

Adjustments needed: _____

☐ Goal 3: _____

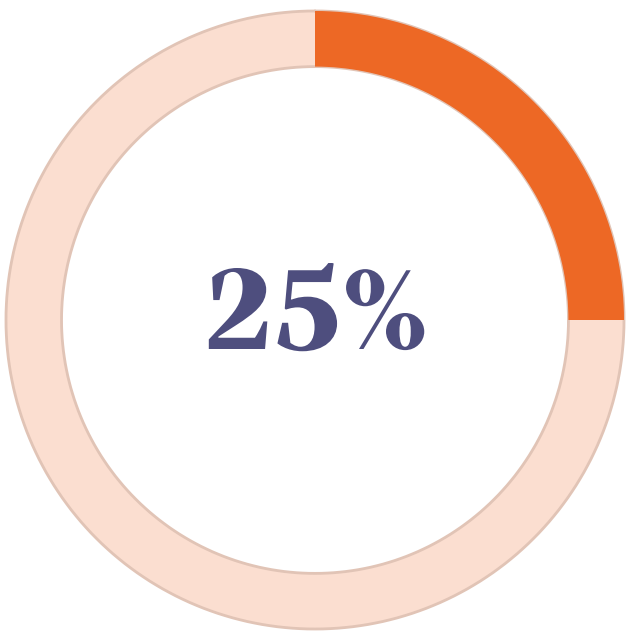
Progress: _____% complete

Obstacles: _____

Adjustments needed: _____

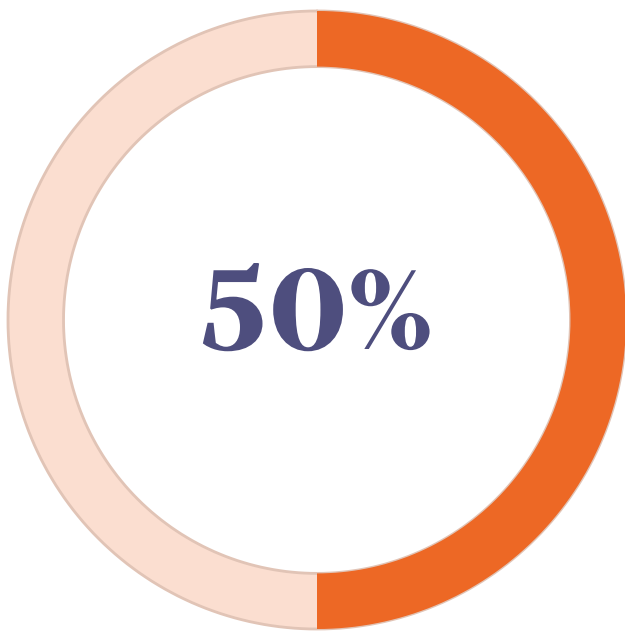
Health Metrics Tracking:

- Weight: _____ (goal: _____)
- Blood pressure: _____ (goal: _____)
- Exercise frequency: _____ days/week (goal: _____)
- Sleep quality: _____(1-10) (goal: _____)
- Stress level: _____ (1-10) (goal: _____)



Progress Milestone

Celebrating each quarter of progress toward your goals



Halfway Point

Time to evaluate strategies and make adjustments



Goal Achievement

Time to celebrate success and set new challenges

EXERCISE PROGRAM SELECTOR

Find the right exercise program based on your current fitness level, preferences, and health considerations.

Assess Current Fitness

Evaluate your starting point, limitations, and exercise preferences

Select Appropriate Program

Choose exercises that match your fitness level and interests

Start Gradually

Begin with shorter, easier sessions and build up slowly

Monitor Progress

Track improvements in strength, endurance, and flexibility



FITNESS ASSESSMENT

Current Fitness Level:

- ☐ Beginner (little to no regular exercise)
- ☐ Intermediate (some regular activity)
- ☐ Advanced (consistent exercise routine)

Physical Limitations:

- ☐ Joint pain/arthritis
- ☐ Balance concerns
- ☐ Heart conditions
- ☐ Mobility devices needed
- ☐ Recent surgeries/injuries
- ☐ Other: _____

Exercise Preferences:

- ☐ Indoor activities
- ☐ Outdoor activities
- ☐ Group classes
- ☐ Solo exercise
- ☐ Water-based exercise
- ☐ Seated exercise options



Consulting with a fitness professional who specializes in senior exercise can help you develop a safe, effective program tailored to your needs.

Benefits of Regular Exercise

- Improved cardiovascular health
- Better balance and reduced fall risk
- Increased strength and mobility
- Enhanced mood and cognitive function
- Better sleep quality

Exercise Safety Tips

- Start with a proper warm-up
- Listen to your body and avoid pain
- Stay hydrated before, during, and after
- Use proper form and equipment
- Cool down with gentle stretching

RECOMMENDED EXERCISE PROGRAMS

FOR BEGINNERS:

Week 1-2: Getting Started

☐ Walking Program

- Duration: 10-15 minutes daily
- Intensity: Comfortable pace
- Progression: Add 2-3 minutes weekly

☐ Chair Exercises

- Seated arm circles: 10 reps
- Seated marching: 20 steps
- Ankle rotations: 10 each direction
- Seated spinal twist: 5 each side

Week 3-4: Building Endurance

☐ Extended Walking

- Duration: 20-25 minutes
- Add gentle hills or inclines
- Include warm-up and cool-down

☐ Strength Training Introduction

- Light weights or resistance bands
- 2 times per week
- 8-12 repetitions per exercise

FOR INTERMEDIATE LEVEL:

Cardiovascular Options

- Brisk walking: 30-45 minutes, 5 days/week
- Swimming: 20-30 minutes, 3 days/week
- Cycling: 30-40 minutes, 3-4 days/week
- Dancing: 30 minutes, 2-3 days/week

Strength Training

Upper Body (2x/week)

- Chest press: 2 sets, 12-15 reps
- Seated rows: 2 sets, 12-15 reps
- Shoulder raises: 2 sets, 10-12 reps
- Bicep curls: 2 sets, 12-15 reps

Lower Body (2x/week)

- Squats (chair-assisted): 2 sets, 8-12 reps
- Leg extensions: 2 sets, 12-15 reps
- Calf raises: 2 sets, 15-20 reps
- Wall push-ups: 2 sets, 8-12 reps

Balance & Flexibility

- Tai Chi: 2 times/week, 30 minutes
- Yoga: 1-2 times/week, 30-45 minutes
- Stretching routine: Daily, 10-15 minutes

FOR ADVANCED LEVEL:

Comprehensive Program:

- ☐ Cardio: 150 minutes moderate intensity/week
- ☐ Strength: 2-3 sessions/week, all major muscle groups
- ☐ Flexibility: Daily stretching, 2-3 yoga sessions/week
- ☐ Balance: Tai Chi or balance-specific exercises

SAFETY GUIDELINES

Before Starting Any Exercise Program:

- ☐ Consult with your doctor
- ☐ Start slowly and gradually increase intensity
- ☐ Stay hydrated during exercise
- ☐ Stop if you feel pain, dizziness, or shortness of breath
- ☐ Wear appropriate footwear
- ☐ Exercise with a buddy when possible

Warning Signs to Stop Exercise:

- ☐ Chest pain or pressure
- ☐ Severe shortness of breath
- ☐ Dizziness or lightheadedness
- ☐ Nausea
- ☐ Severe fatigue
- ☐ Pain in joints or muscles

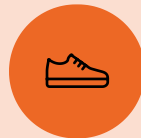
Important Safety Note

Always prioritize safety over intensity. If you experience any concerning symptoms during exercise, stop immediately and seek medical attention if needed. It's better to progress slowly than to risk injury.



Hydration

Drink water before, during, and after exercise



Proper Footwear

Wear supportive, non-slip shoes

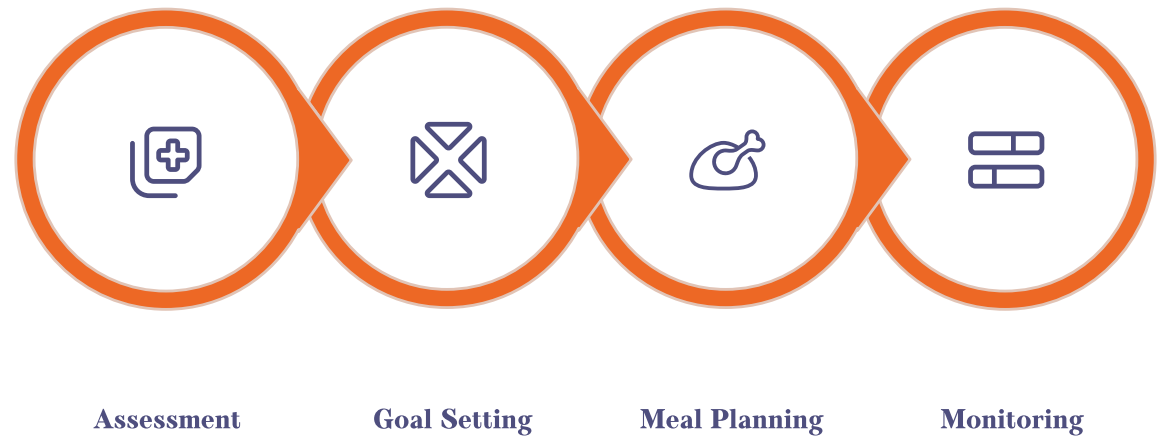


Environment

Exercise in appropriate temperatures

NUTRITION PLANNING GUIDE

Proper nutrition is essential for healthy aging, providing energy, supporting immune function, and helping manage chronic conditions.



Good nutrition becomes increasingly important as we age. This guide will help you evaluate your current eating patterns and develop a personalized nutrition plan that supports your health goals.

PERSONALIZED NUTRITION ASSESSMENT

Current Eating Patterns:

- Meals per day: _____
- Snacking frequency: _____
- Water intake: _____ glasses/day
- Appetite level (1-10): _____

Dietary Restrictions/Preferences:

- ☐ Vegetarian/Vegan
- ☐ Gluten-free
- ☐ Diabetic diet
- ☐ Low sodium
- ☐ Heart-healthy
- ☐ Weight management
- ☐ Other _____

Nutrition Goals: ☐ Increase energy levels ☐ Improve heart health ☐ Better blood sugar control ☐ Weight management ☐ Stronger bones ☐ Better digestion ☐ Enhanced brain function

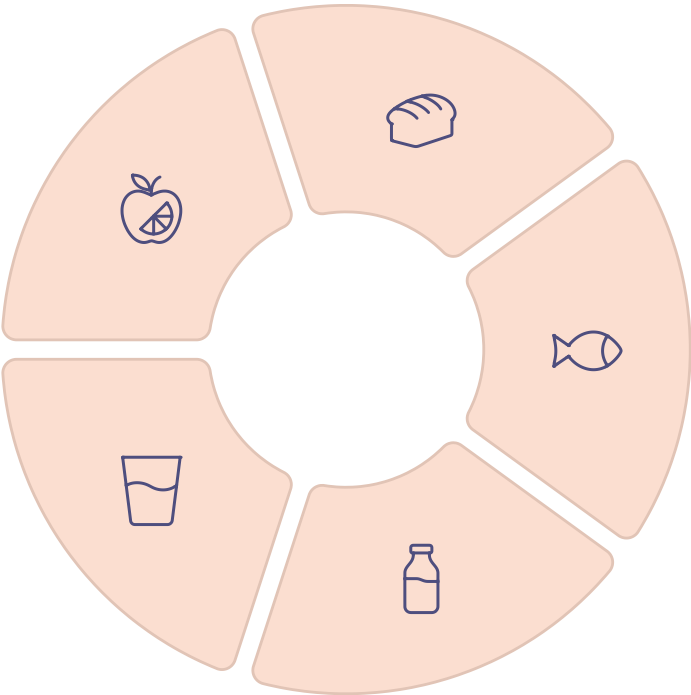


Fruits & Vegetables

Rich in vitamins, minerals, and fiber

Hydration

Essential for all body functions



Whole Grains

Provide sustained energy and fiber

Lean Proteins

Support muscle maintenance

Dairy/Alternatives

Important for bone health

HEALTHY EATING PLAN TEMPLATE

Daily Nutrition Goals:

- Fruits: _____ servings (goal: 2-4)
- Vegetables: _____ servings (goal: 3-5)
- Whole grains: _____ servings (goal: 3-6)
- Protein: _____ servings (goal: 2-3)
- Dairy/alternatives: _____ servings (goal: 2-3)
- Water: _____ glasses (goal: 6-8)

Sample Meal Planning:

BREAKFAST OPTIONS

- Oatmeal with berries and nuts
- Greek yogurt with fruit and granola
- Whole grain toast with avocado
- Smoothie with fruits and vegetables
- Eggs with whole grain toast

LUNCH OPTIONS

- Colorful salad with lean protein
- Vegetable soup with whole grain bread
- Sandwich on whole grain with vegetables
- Quinoa bowl with vegetables
- Fish with steamed vegetables

DINNER OPTIONS

- Baked fish with roasted vegetables
- Lean meat with sweet potato
- Vegetarian stir-fry with brown rice
- Bean and vegetable soup
- Grilled chicken with quinoa

HEALTHY SNACK IDEAS

- Fresh fruit with nuts
- Vegetable sticks with hummus
- Greek yogurt
- Whole grain crackers with cheese
- Trail mix (unsalted)

MEAL PLANNING WORKSHEET

Week of: _____

Day	Breakfast	Lunch	Dinner	Snacks	Water
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Shopping List:

- ☐ Fruits: _____
- ☐ Vegetables: _____
- ☐ Proteins: _____
- ☐ Whole grains: _____
- ☐ Dairy/alternatives: _____
- ☐ Pantry items: _____

Meal Planning Benefits

- Reduces food waste
- Saves money
- Ensures balanced nutrition
- Decreases impulse eating

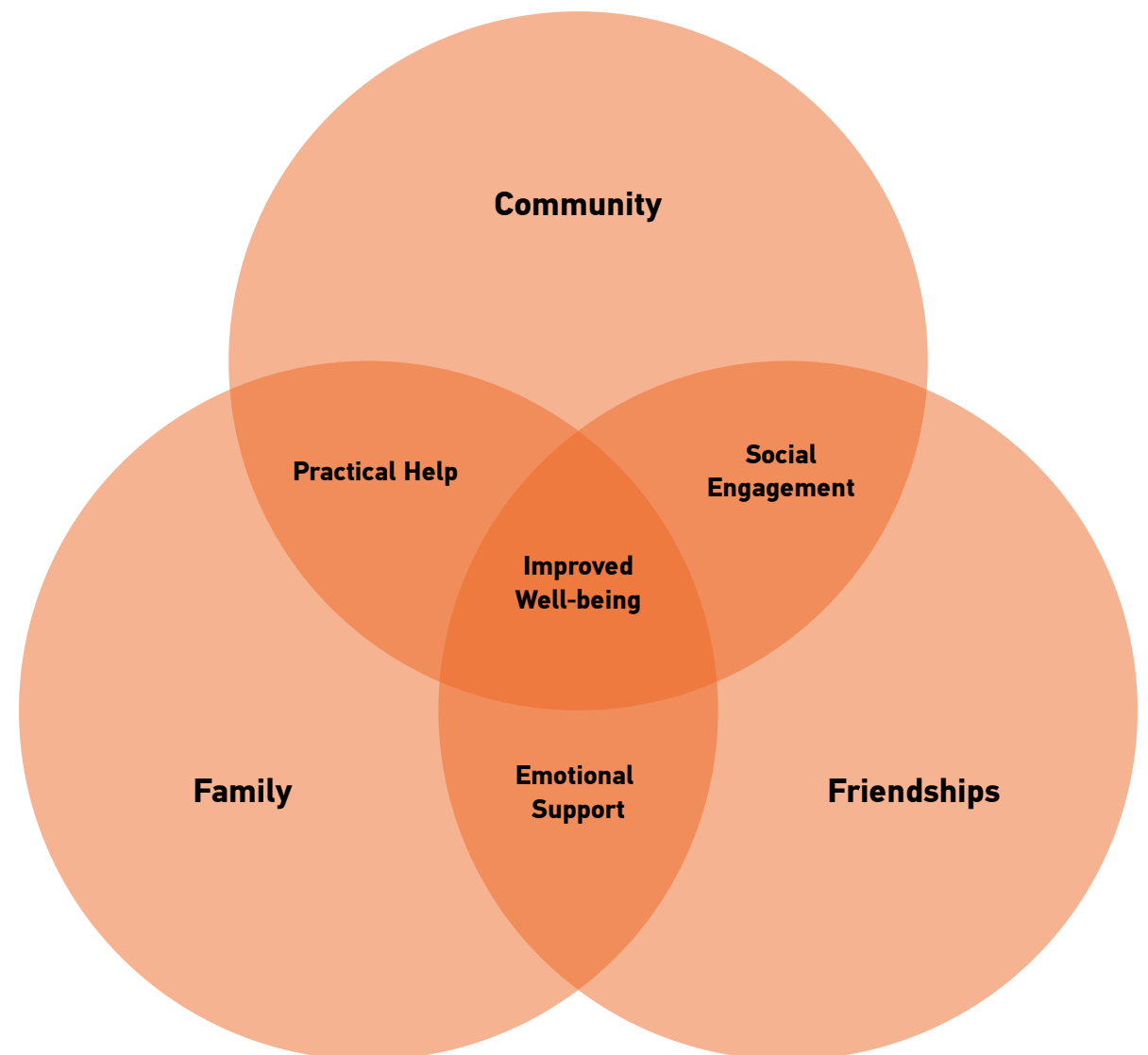
Planning Tips

- Check your calendar for busy days
- Plan to use leftovers
- Keep quick meal options on hand
- Batch cook when possible



SOCIAL CONNECTION AUDIT

Evaluate your current social connections and identify opportunities to enhance your social wellbeing.



Strong social connections are vital for healthy aging, contributing to better physical health, cognitive function, and emotional wellbeing. This audit will help you assess your current social network and develop strategies for meaningful engagement.

RELATIONSHIP INVENTORY

Family Connections:

Relationship	Frequency of Contact	Quality (1-10)	Goal for Improvement
Spouse/Partner			
Children			
Grandchildren			
Siblings			
Extended Family			

Quality vs. Quantity

Research shows that the quality of relationships has a greater impact on wellbeing than the number of connections. Focus on nurturing meaningful interactions rather than simply increasing social contact.

Intergenerational Connections

Relationships across age groups provide unique benefits, including knowledge sharing, fresh perspectives, and mutual support. Look for opportunities to connect with people of different generations.

Friendship Assessment

- Number of close friends:

Last time saw a friend:

- Satisfaction with friendships (1-10):

Desire for more friends:

Community Involvement:

- ☐ Religious/spiritual community
- ☐ Neighborhood groups
- ☐ Hobby clubs
- ☐ Volunteer organizations
- ☐ Senior centers
- ☐ Educational classes



Friendships provide emotional support, shared experiences, and opportunities for enjoyment. They become increasingly important as we age, helping to prevent isolation and loneliness.

7+

Years

Average lifespan increase associated with strong social connections

50%

Lower Risk

Reduction in dementia risk for seniors with active social lives

3-4

Close Friends

Optimal number for meaningful social support

SOCIAL ENGAGEMENT GOALS

Weekly Social Goals:

☐ Goal 1: _____

Specific action: _____

Day/time planned: _____

☐ Goal 2: _____

Specific action: _____

Day/time planned: _____

☐ Goal 3: _____

Specific action: _____

Day/time planned: _____

Monthly Social Challenges:

- ☐ Reach out to an old friend
- ☐ Join a new group or activity
- ☐ Host a social gathering
- ☐ Volunteer for a cause you care about
- ☐ Learn something new with others
- ☐ Attend a community event



Schedule Regular Contact

Set specific days and times for social interactions to ensure they become a consistent part of your routine.



Volunteer Opportunities

Volunteering provides meaningful social connection while contributing to causes you care about.



Lifelong Learning

Classes and workshops offer opportunities to meet people with shared interests while keeping your mind active.

OVERCOMING SOCIAL BARRIERS

Common Barriers & Solutions:

Transportation Issues

- Public transportation options
- Senior ride services
- Family/friend support
- Walking distance activities
- Virtual participation options

Health Limitations

- Low-impact social activities
- Shorter duration events
- Home-based gatherings
- Seated activities
- Medical accommodation requests

Shyness/Social Anxiety

- Start with small groups
- Bring a friend for support
- Choose familiar activities
- Practice conversation starters
- Focus on listening to others

Financial Constraints

- Free community events
- Potluck gatherings
- Library programs
- Senior center activities
- Volunteer opportunities

Technology can help overcome many social barriers by enabling virtual connections when in-person interaction isn't possible. Video calls, social media, and online communities provide valuable ways to maintain relationships and form new connections.

HEALTHCARE PROVIDER COMMUNICATION GUIDE

APPOINTMENT PREPARATION CHECKLIST

Before Your Appointment:

- ☐ List current medications (include dosages)
- ☐ Note symptoms or concerns
- ☐ Prepare questions to ask
- ☐ Bring insurance cards and ID
- ☐ Arrange transportation
- ☐ Consider bringing a support person

Questions to Ask Your Doctor:

- ☐ What does this test/result mean?
- ☐ What are my treatment options?
- ☐ What are the benefits and risks?
- ☐ How will this affect my daily life?
- ☐ When should I schedule follow-up?
- ☐ What warning signs should I watch for?

Communication Tips

- Be honest about symptoms and concerns
- Take notes during appointments
- Ask for clarification if needed
- Prioritize your most important questions

Appointment Efficiency

- Arrive 15 minutes early
- Bring a list of current medications
- Consider bringing a family member
- Request printed instructions

Follow-up Actions

- Review your notes after the appointment
- Fill new prescriptions promptly
- Schedule recommended tests
- Call with questions that arise later

MEDICATION MANAGEMENT

Current Medications List:

Medication	Dosage	Frequency	Purpose	Side Effects

Medication Safety Tips:

- ☐ Take medications as prescribed
- ☐ Don't skip doses
- ☐ Use a pill organizer
- ☐ Set medication reminders
- ☐ Keep an updated medication list
- ☐ Bring all medications to doctor visits
- ☐ Ask about generic alternatives
- ☐ Report side effects promptly

Medication Review

Schedule a comprehensive medication review with your pharmacist or doctor at least once a year to ensure all medications work well together and are still necessary.

Technology Assistance

Consider medication reminder apps, automatic pill dispensers, or smart pill bottles to help maintain your medication schedule.

HEALTH TRACKING LOG

Daily Health Metrics:

Date	Blood Pressure	Weight	Pain Level (1-10)	Mood (1-10)	Energy (1-10)	Notes



Track Patterns

Regular tracking helps identify trends and correlations between different health metrics.



Doctor Visits

Bring your health tracking log to appointments to provide your healthcare provider with valuable information.



Digital Options

Consider health tracking apps or wearable devices that can automatically record and analyze health data.

EMERGENCY PREPAREDNESS CHECKLIST

EMERGENCY CONTACT INFORMATION

Primary Contacts:

- Emergency Contact 1: _____
Relationship: _____ Phone: _____
Address: _____

- Emergency Contact 2: _____
Relationship: _____ Phone: _____
Address: _____

Medical Contacts:

- Primary Doctor: _____
Phone: _____
- Specialist: _____
Phone: _____
Pharmacy: _____ Phone: _____

- Preferred Hospital: _____

EMERGENCY SUPPLY KIT

Essential Items:

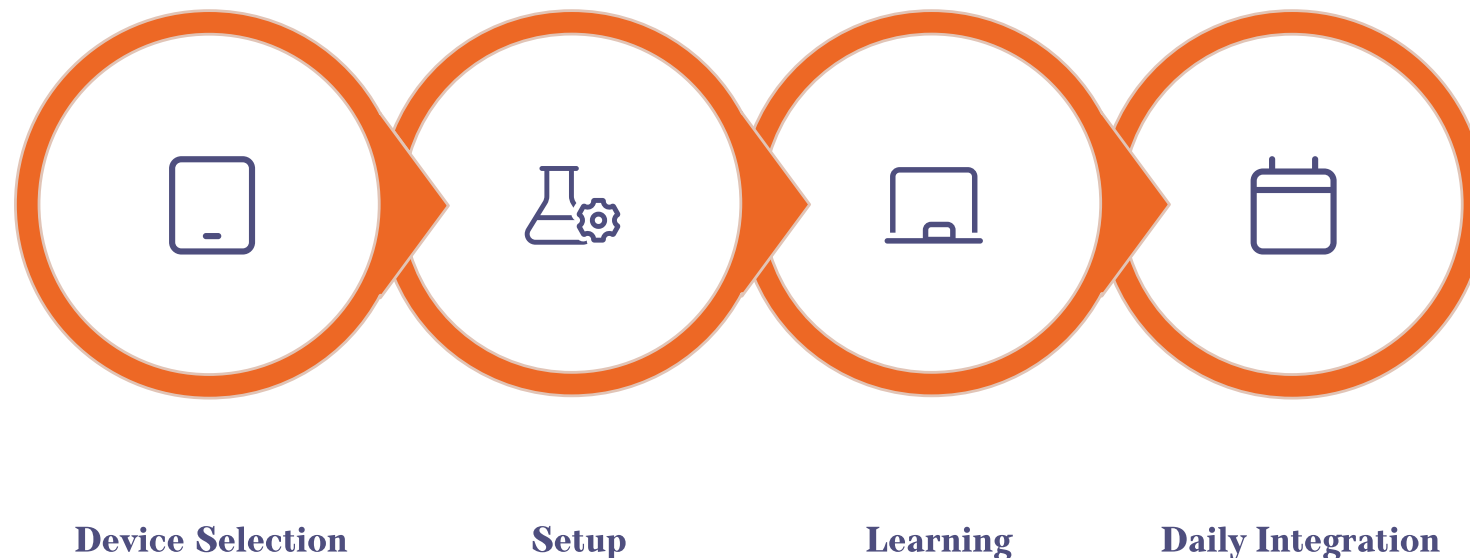
- ☐ 3-day supply of medications
- ☐ Copies of important documents
- ☐ Emergency contact list
- ☐ Flashlight and batteries
- ☐ Battery-powered radio
- ☐ First aid kit
- ☐ Water (1 gallon per person per day)
- ☐ Non-perishable food (3-day supply)
- ☐ Can opener
- ☐ Blankets
- ☐ Cash in small bills
- ☐ Personal hygiene items

Important Documents to Copy:

- ☐ Driver's license/ID
- ☐ Insurance cards (health, auto, home)
- ☐ Medicare/Medicaid cards
- ☐ Medication list
- ☐ Medical history summary
- ☐ Emergency contact list
- ☐ Bank account information
- ☐ Power of attorney documents

PART 2: TECHNOLOGY GUIDE FOR SENIORS

Technology can enhance independence, safety, and connection for older adults. This section provides guidance on selecting and using devices that support healthy aging.



The right technology tools can help you stay connected with loved ones, monitor your health, access information, and maintain independence. This guide will help you navigate the options and find solutions that work for your needs and comfort level.

DEVICE SELECTION GUIDE

SMARTPHONE SELECTION

Factors to Consider:

- Screen size: Larger screens (5.5"+) easier to read
- Button size: Physical home button helpful
- Operating system: iOS (iPhone) vs Android
- Camera quality: For photos and video calls
- Battery life: All-day use important
- Storage: 64GB+ recommended
- Price range: \$200-\$800+



Recommended Senior-Friendly Options:

Budget-Friendly (\$200-\$400)

☐ Samsung Galaxy A-series

- Large screen, simple interface
- Good camera for photos
- Long battery life

☐ iPhone SE

- Familiar iOS interface
- Good performance
- Compact size

Mid-Range (\$400-\$600)

☐ iPhone 12/13

- Excellent camera
- Easy-to-use interface
- Regular software updates

☐ Samsung Galaxy S-series

- Large, bright display
- Good accessibility features
- Expandable storage

Features to Look For:

- ☐ Large, clear display
- ☐ Simple home screen layout
- ☐ Emergency SOS feature
- ☐ Voice commands (Siri/Google Assistant)
- ☐ Hearing aid compatibility
- ☐ Magnification options

STEP-BY-STEP SETUP INSTRUCTIONS

SMARTPHONE SETUP (iPhone)

Initial Setup:

1. Turn on device - Press and hold side button
2. Connect to Wi-Fi - Select your network, enter password
3. Sign in with Apple ID - Use existing or create new
4. Set up Face ID/Touch ID - Follow on-screen instructions
5. Choose backup option - iCloud backup recommended

Essential Settings:

- ☐ Increase text size: Settings > Display & Brightness > Text Size
- ☐ Enable magnifier: Settings > Accessibility > Magnifier
- ☐ Set up emergency contacts: Health app > Medical ID
- ☐ Turn on location services: Settings > Privacy > Location Services
- ☐ Set up automatic updates: Settings > General > Software Update

Must-Have Apps:

- ☐ FaceTime - Video calling family
- ☐ Messages - Text messaging
- ☐ Phone - Making calls with large dial pad ☐ Health - Track health metrics
- ☐ Weather - Local weather information
- ☐ Maps - Navigation and directions



TABLET SETUP (iPad)

Initial Configuration:

1. Connect to Wi-Fi - Settings > Wi-Fi
2. Sign in to Apple ID - Same as iPhone for syncing
3. Download essential apps - App Store
4. Organize home screen - Drag apps to create folders
5. Set up accessibility features - Settings > Accessibility

Recommended Accessibility Settings:

- ☐ Larger text: Settings > Display & Brightness > Text Size
- ☐ Voice Over: Settings > Accessibility > VoiceOver (if needed)
- ☐ Assistive Touch: Settings > Accessibility > Touch
- ☐ Reduce Motion: Settings > Accessibility > Motion
- ☐ Zoom: Settings > Accessibility > Zoom

SAFETY AND PRIVACY SETTINGS

SMARTPHONE SECURITY

Essential Security Settings:

- ☐ Screen lock: Use passcode, Face ID, or fingerprint
- ☐ Auto-lock: Set to 2-5 minutes
- ☐ Find My Device: Enable location tracking for lost phones
- ☐ Two-factor authentication: Add extra security to accounts
- ☐ App permissions: Review what apps can access

Privacy Protection:

- ☐ Location sharing: Only allow for necessary apps
- ☐ Photo access: Limit which apps can view photos
- ☐ Microphone access: Be selective about which apps can listen
- ☐ Contact access: Only allow trusted apps to access contacts

SCAM PREVENTION

Red Flags to Watch For:

- ☐ Unexpected phone calls asking for personal information
- ☐ Text messages with suspicious links
- ☐ Emails asking for passwords or account information
- ☐ Apps requesting unnecessary permissions
- ☐ Pop-up windows claiming computer infections

Safety Rules:

- ☐ Never give personal information over phone unless you initiated call
- ☐ Don't click links in unexpected text messages
- ☐ Verify requests by calling companies directly
- ☐ Use official app stores only
- ☐ Keep software updated
- ☐ Use strong, unique passwords

EMERGENCY FEATURES SETUP

iPhone Emergency SOS

1. Enable Auto Call: Settings > Emergency SOS
2. Add emergency contacts: Health app > Medical ID
3. Practice activation: Press side button 5 times quickly
4. Set up Medical ID: Include medications, allergies, conditions

Android Emergency Features

1. Emergency information: Settings > Safety & Emergency
2. Add emergency contacts: Fill in emergency contact details
3. Enable location sharing: Allow emergency location access
4. Set up ICE contacts: In Case of Emergency contacts

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