

## **Inclusive Ideas**

### **ICE - In Case of Emergency**

For anyone with medical conditions and even for those without, the ICE (In Case of Emergency) app is a must have personal injury prevention tool for any emergency situation. After storing all your personal and medical information on the app, first responders and others can access your medications and other pertinent information if you are unable to share it directly.

It's very easy to input data in this app. Once you're done the app is always open (even when your phone is locked) and clearly presents your medical information in the event that you are unconscious and are unable to communicate with emergency personnel.

You can also set up the app to send direct messages to loved ones and friends when you're in an emergency situation even if your phone dies or you lose service.

<http://icecontact.com/>