

Overview

We are going to learn four new things today:

- ✓ How to Add Medical Information
- ✓ How to Send a Photo
- ✓ How to Use Speech to Text
- ✓ How to Make your Phone More Accessible.

Each of these topics are short and specific and designed to be learned in ten minutes. There are handouts, helpers, and options to repeat a session or skip a session. Relax and enjoy the afternoon!

How to Add Medical Information

What and Why? A way to store medical information so that in case of emergency your data will be easily accessible to those who need it.

How to Send a Photo

What and Why? You take great photos, why not learn how to share them with others?!

How to Use Speech to Text

What and Why? How to use your voice to “type” your messages when your phone is smaller than your clumsy thumbs or when you cannot easily access your keyboard.

How to Make Your Phone More User Friendly

What and Why? You can make your phone work for you in appearance (wallpaper, font size) and a special bonus hint is included!

How To Set Up Medical Information on Your Android Phone

Did you know you can use your Android smartphone's Emergency information feature to store all your essential medical details? You may store information like your blood group, medical conditions, current medications, etc.

All Android smartphones allow you to add Emergency Info in one way or another. Some devices, like the Google Pixel, offer a dedicated [Personal Safety app](#). Some offer it as an option tucked away under a menu in the [Settings app](#).

Here's how you can quickly add emergency information using the settings app on most Android smartphones:

1. Open the [settings app](#) on your Android smartphone.
2. Inside the [settings app](#), tap on [security & lock screen](#).
3. Tap on the [emergency rescue](#) option under [Security & Lock Screen](#).
4. Under [emergency rescue](#), tap on the option that says [edit emergency information and contacts](#).
Meanwhile, suppose your phone has a dedicated [safety and emergency option under settings](#). In that case, you can skip all the previous steps and tap on it, followed by [medical information](#), to perform this step.
5. Tap on the first option and type in your name. Then tap Ok. Follow the same steps to add your address and other medical information before proceeding to the next step.
6. Once you have added all the necessary health-related details, scroll down and tap on the [add contact](#) option to add your emergency contacts.
7. After adding all the necessary details, tap the [checkmark](#) in the upper right corner to save the changes.

How To Access Emergency Information from The Lock Screen

The **first method is applicable to almost all Android smartphones**. You can access the Emergency Info by pressing the power button and accessing the Emergency button on your Android. Here's how you can access the same on most Android smartphones:

1. Press the power button to turn on the device and swipe up on the lock screen to access the password keypad.
2. Tap on the emergency button located below the password keypad.
3. Swipe down on the SOS icon that appears on the screen to access the emergency services.
4. Double-tap on the emergency rescue button at the top of the screen.
5. Tap on the emergency information option to access a person's health-related details.

NOTE: You can also use this Emergency Rescue menu on OnePlus devices to share your location, call the emergency contacts, use the SOS flashlight, and sound by tapping on the appropriate options.

NOTE: Phone makers have different implementation of this option and might appear differently depending on the make and model of the Android.

How To Access Emergency Information from The Power Menu

The second method allows you to quickly access Emergency Info from the phone's power menu.

To use this method, just long-press the power button to access the power menu. Select devices require you to press the power button and volume up buttons together. Then tap on the red Emergency button.

NOTE: Although it seems like a much more efficient way to access Emergency Information, you should note that this feature only works on select devices with Android 11. While you can still find the Emergency button in Android 12 or 13's power menu, tapping on it directly calls the Emergency services.

NOTE: The only way you can access the Emergency Info on newer devices is through the first method – using the software emergency button that you can access by swiping up on the lock screen.

A Few Things To Remember

1. You may add details about contacts and your medical details which might help save your life in grave situations. Those details can also help the first responders and medical personnel to give you proper and accurate treatment immediately. Also, setting up the same on the Android phones of your family and friends can help save the day.
2. Follow this process to update your medical information on a regular basis.
3. Let people know if you have listed them as an emergency contact.

How to send a picture to someone using an android smartphone such as a Galaxy

1. Take a picture using your phone camera
2. Find the picture you want to send in the 'Gallery'
3. Click on the picture
4. At the bottom of the picture find the send symbol - looks like a greater than sign > with dots; you can also click another picture to send at the same time
5. Choose your method to send the picture - messages, email, Facebook, etc.
6. Add the name of the recipient

How to Use Speech to Text on an Android Phone

1. Open the settings App.
2. Click on System.
3. Click Languages and Input
4. Click Virtual Keyboard.
5. Click Gboard.
6. Click Voice Typing.
7. Tick “Use Voice Typing” to turn it on.
8. You can use voice typing anytime the keyboard is visible on your device. There will be a microphone icon at the top of the keyboard. When your keyboard is showing, click the microphone. Say what you want to type. To add punctuation, you can also say “period” or “comma”.

How to change wallpaper (background images on home screen and lock screen) on an Android Phone

Tap Settings (or long press on the background in your home screen).

Tap Wallpaper and style.

Tap My wallpapers to choose a built-in wallpaper.

To select one of your photos, tap Gallery.

Select a photo, then Done.

Choose whether you want this image to appear on the Home screen, Lock screen, or both.

As you preview the image, you can pinch to crop or move the image to adjust how it will be displayed on your screen.

Tap on button at bottom of screen to set the image as wallpaper.

Choose a colour palette for icons and apps, if desired.

How to change font size on an Android phone

(i.e., how to increase or decrease the size of text in apps, menus, etc.)

Drag down from the top of the screen.

Tap Settings (the cog wheel in the upper right of the screen)

Tap Display.

Tap Font size and style.

Enable Bold font as desired.

Select a larger or smaller font size, as needed.

Here, you can also select a different font face to appear in menus and on your home screen.

(In your text messaging app, you can pinch in or out with two fingers to make text larger or smaller.)

(Note: Your phone operating system provides many additional accessibility features to support a variety of vision, hearing, and mobility needs.)

BONUS

Help, I can't read the label!!!

Have you been out shopping and found you are unable to read a label but your glasses are at home? Maybe you can't make out instructions on a pill bottle (even with your glasses!)? Use your phone's camera to read the text. Are the letters still too small? Take a picture of the label and pinch out to make it larger and easier to read.