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

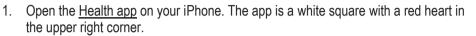**What and Why?** You take great photos, why not learn how to share them with others?!

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 iPhone

1. Open the Health app on your iPhone. The app is a white square with a red heart in the upper right corner.

2. Tap your picture or initials at the top right.

3. Tap Medical ID. It is near the top of the list.

4. Tap Get Started or Edit, in the top right corner, then enter your information.

5. Below Emergency Contacts, tap Add Emergency Contact, then add your contacts. These are the people who will be contacted in an emergency.

6. Turn on Show When Locked to make your Medical ID available from the Lock screen. In an emergency, this gives people who want to help some important information, like the emergency contacts that you've entered.

7. Tap Done.

How To Access Emergency Information from The Home Screen or No Screen

To use this method, just long-press the power button and one of the volume buttons together to access the emergency menu screen. From this screen you can access your medical information or call 911. Select one option.

A Few Things to Remember

1. Follow this process to update your medical information on a regular basis.

2. Let people know if you have listed them as an emergency contact.

How to send a picture to someone using an iPhone smartphone

1. Take a picture using your phone camera

2. Find the pictures in Photos - a flower-like icon with rainbow petals

3. Click on the picture, (or choose select – from the top right hand corner - and choose multiple photos)

4. Click on the symbol like a 'box with an arrow emerging from the top', you may click on 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 your iPhone

1. Decide on how you want to send or save a message. Let's assume that you want to send a text.
2. Open your texting app.
3. Click in the typing area as though you were composing a text. When you see the keyboard, look at the bottom row and see the microphone just to the left of the space bar. Click on it and begin to say the message you would like to send.
4. When you are done speaking, tap the microphone again.
5. Proof read and correct any errors.

Try the following message. Say each word as written:

I am trying out my speech to text microphone, period.

When I'm done, comma, I am going to proof read it before I hit the send button, period.

6. If there are errors, use the keyboard to make corrections. Hit send when you are happy with the speech to text message.

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

Open Settings (Tap in Search field on home page. If Settings doesn't appear in the Siri Suggestions section at the top of the screen, search for Settings.).

Tap on Wallpaper.

Tap on Add New Wallpaper.

Select one of the preset backgrounds, or tap Photos to select an image from your photo gallery.

Pinch in or out to crop the image (i.e., to select how much of the image will appear on your home screen). Drag with two fingers if you wish to move the image. Select a filter at the bottom of the screen, if desired (e.g., black & white).

Tap Add to save changes.

How to change font size on an iPhone

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

iPhone

Tap on the Search field on your home page. If Settings doesn't appear in the Siri Suggestions section at the top of the screen, search for Settings.
Tap on Display & Brightness.
Tap on Text Size and use the slider to increase the font size.
Enable Bold Text as desired.
If you find you still need larger text, return to Settings page and tap Accessibility.
Tap Display & Text Size.
Tap Larger Text, then enable Larger Accessibility Sizes. Use the slider at the bottom of the screen to select larger font size.

(Note: Your phone has 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.