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THE APP RAP

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ICE "In Case of Emergency"

Developer: Sera-Apps

Cost: FREE

For: Android

Are you totally prepared for any emergency? Most of us think we are ready to go into action when needed, but the reality is, we probably have overlooked the basics. If you get in an accident, the difference between life and death could be in the details. Is your vital information readily available? If not, ICE may be your savior. ICE stands for "In Case of Emergency." The ICE app, developed by Sera-Apps, is a free app that I highly recommend as a download for all Android phones.

Here's how the ICE app works. It records and stores in your phone all the important information that would be needed when you are in trouble and can't respond. The first screen has four areas to input data. You can browse through the contacts in your address book assigning the relationship to you such as mother, father, spouse, child, friend, doctor, etc. Next, select the information icon to list your name, date of birth, blood type, and home address. Third, in the area labeled "Notes," you record known allergies, medications, insurance phone and group numbers, medical conditions, organ donations, and any other pertinent personal notations. Last is the "Settings" icon where you set a password or change the language. While changing the language might not seem important if you are an English speaker, it is a very valuable tool when traveling abroad.

There are numerous ICE apps on the market, and many have more bells and whistles for a fee. ICE app by Sera-Apps is a solid, basic, app that is easy to use and free to download. iPhone users don't despair. Check out the free ICE app for the iPhone jointly developed by Donate Life America and Legalzoom that offers the option to email any contact on your emergency list.

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[back](#)

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