



## ICE – In Case of Emergency

In Case of Emergency, or ICE, is a program that enables first responders, such as paramedics, firefighters, and police officers, to contact the family members and loved ones of emergency victims to obtain important medical information. The program was started in May 2005 by British paramedic Bob Brotchie. The popularity of the program has spread across Europe, and has grown into North America.

Most people have multiple contacts in their cell phone address book. If a person is unconscious or incoherent, first responders have no way of knowing who they should contact to receive important information about that person. Program the entry “ICE” into your cell phone directory to make it easier for emergency personnel to reach loved ones to alert them of your situation and to obtain your medical history.

The ICE program continues to grow and first responders know to look in your phone directory for ICE contacts. Keep in mind that you can enter numerous ICE contacts. For example, “ICE A” can represent your spouse’s cell phone, “ICE B” can connect someone to your spouse’s office, and “ICE C” can be the entry for your child’s cell phone. Be sure your ICE contacts are aware that they may be contacted in emergency situations.

Remember to also carry an “in case of emergency” card in your wallet or purse in the event your cell phone is damaged or inaccessible.



For more information regarding the TeamHealth Wellness Program, go to the Wellness Website ([teamhealth.com/wellness](http://teamhealth.com/wellness)).

Contact [wellness@teamhealth.com](mailto:wellness@teamhealth.com) with any questions you may have.