

Tips And Tricks

January 16, 2017

Excel Spreadsheet with Many Tabs

- Tabs extend beyond taskbar display
- Easy access to list of tabs
 - Right click on left of tab slide to display list of tabs, double click to select desired tab
- Move to 1st or last tabs; use control+click on right or left arrows

Smartphone and Medical Emergencies

- You have a medical emergency and are carrying your smartphone
- EMTs need immediate medical details for treatment
- ICE Apps or Apple Health can provide those details
- Contact information can be used to alert correct people

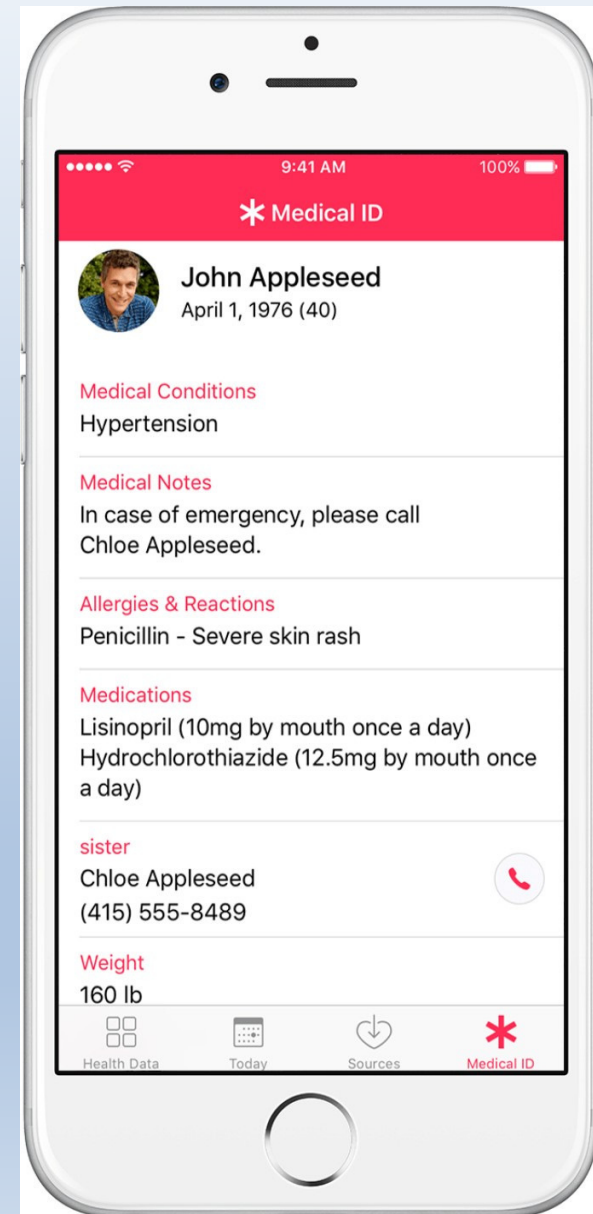
Apple Health (iOS 8 and iPhone 5S and up)

Set up your Medical ID

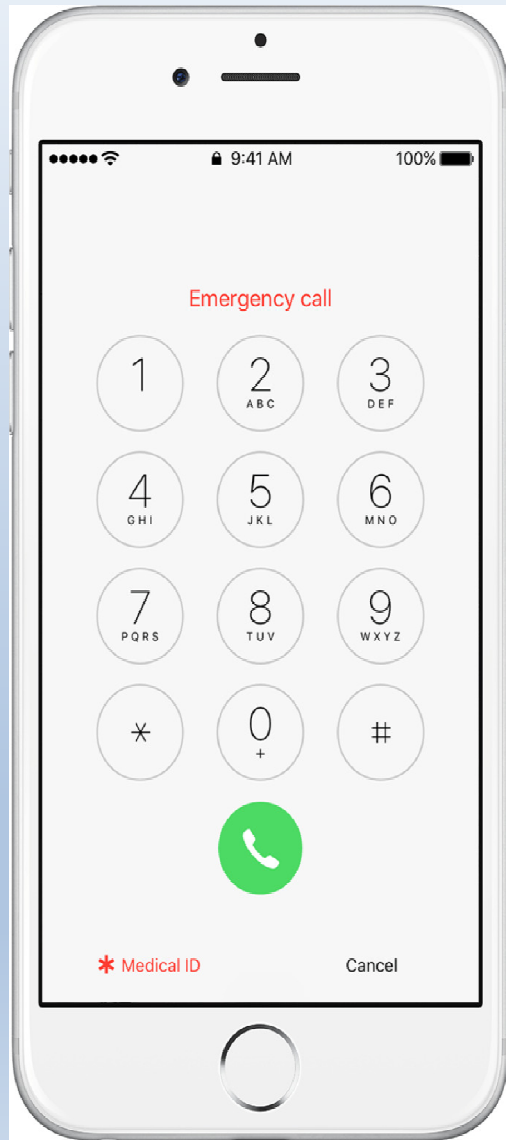
To make your important health information accessible in case of an emergency, you can set up your Medical ID in the Health app on your iPhone.

Create your Medical ID:

1. Open Health and tap Medical ID > Edit.
2. Enter your emergency contacts and health information like your birth date, height, and blood type.
3. 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.
4. When you're finished, tap Done.



Apple Health (iOS 8 and iPhone 5S and up)



Make an emergency call and access Medical ID

If an iPhone has a Medical ID, you can view emergency medical information on the device or make an emergency call. To view the Medical ID, open the Health app and tap Medical ID. If the iPhone is locked, follow these steps:

1. Press the Home button.
2. Tap Emergency.
3. On the Emergency call screen, you can make a call or tap Medical ID to see emergency medical information stored on the device.

Android Smartphones

- Use ICE - In Case of Emergency App(s)
 - Medical ID
<https://play.google.com/store/apps/details?id=pt.apps2ppl.medicid&hl=en>
 - Medical ID (free) –ICE
<https://play.google.com/store/apps/details?id=app.medicalid.free&hl=en>
 - Medical ID
<https://play.google.com/store/apps/details?id=ch.mobilemed.medicalid&hl=en>

Thoughts On Use of Medical IDs

- Use a current picture – there could be more than 1 smartphone around an emergency
- Keep all details current
- Take phone with you wherever you go
- Contact numbers also provide way to report finding a lost phone

Passwords vs. Pins

- Windows 10 introduces Windows Hello
 - New access capabilities
 - Requiring newer hardware
- Capability to use a PIN for access to Windows in lieu of password
 - Less complex 4 digits
 - Useful when security of laptop or pc is high
 - Can be easily deleted when traveling with laptop or tablet

Pin Setup

- Device must have password set up
- Open settings > accounts > sign-in options
- Click add PIN and enter your password
- Enter new PIN and confirm
- PIN now requested at sign-in