



KEY TAKE-AWAYS

SMARTWATCHES FOR FALLS SOS MESSAGING AND CALLING 911

If you worry about falling and being unable to get to the phone to call for help, AND you have a SmartPhone, consider extending your SmartPhone with a SmartWatch. With voice controls and digital assistants like Siri and Google you can use your SmartWatch to:

Call 911, family or friends if you fall and can't get to your phone.

Dictate a Text to 911 if you have a hearing problem (*Where 911 supports texting*)

Dictate a text message to busy family for help (*95% of TEXTs are read within 5 minutes!*)



COST

SmartWatch Price Range: \$200-\$520 US or CDN

US prices 20-30% less than most Canadian.

Assumes you have a SmartPhone with a mobile service plan.

WHAT YOU NEED

- ✓ A SmartWatch
- ✓ A compatible SmartPhone
- ✓ A mobile voice and text service plan
 - Data service NOT required



What to Look For

- ✓ Digital Assistant (to take voice Commands)
- ✓ Microphone and Speaker for phone calls, dictating text messages & talking to the Digital Assistant.
- ✓ Waterproof with manufacturer's approval to wear in shower (Rare)

RECOMMENDED PRODUCTS & SERVICES

- ✓ *For iPhone Owners:* The Apple Watch Series 1 (Basic essential features) or Series 3 (Shower approved with cellular connectivity)
- ✓ *For Android Owners (All other SmartPhones):* Android Wear 2.0 powered watches like the Asus ZenWatch 3 (basics) or cellular capable watches



What to Avoid

- ✗ Any SmartWatch besides the Apple Watch that claims compatibility with iPhones: **Voice & text messaging will NOT work**
- ✗ Poor battery performance (Check reviews)
- ✗ A Waterproof watch for falls in the shower that is NOT explicitly approved for shower use by the manufacturer.

More details and tips in the Product Examples, Shopping Checklist & Budget Planner Printables.