What is an emergency call?

Mari Opstad - 2026-02-11 - Comments (0) - Using the Care Tracker

What is an emergency call?

In short:

The watch has a physical **emergency button**. When held down for **3 seconds**, the watch automatically calls a **preselected phone number**.

This makes it easy for the user to reach a relative if they need help.

How it works in practice:

- The user holds the emergency button for **3 seconds to start a call**.
- The feature can be **turned on or off** in the Care Tracker app.
- The phone number to be called is selected in the app.

Good to know:

Choose a number that is usually answered quickly – for example, a primary relative.

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