

**Title A: 5 Common Household Emergencies and How to Respond to Them Using the iBeat Watch**

*Subtitle: Don't panic – use the iBeat watch to get to safety calmly.*

**Title B: How to Use the iBeat Watch in 5 Common Household Emergencies Situations**

*Subtitle: How the iBeat watch can be used for more than just heart monitoring.*

**Title C: 5 Common Household Emergencies and the iBeat Watch**

*Subtitle: Use your iBeat watch for more than heart-monitoring related incidences.*

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## Introduction



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Household emergencies happen unexpectedly, and being prepared is the best method for avoiding an emergency situation. Here are five common household emergencies, how to deal with them, and how you can use the iBeat watch to stay safe.

## 5 Household Emergencies During Which You Can Use the iBeat Watch

### 1) Cardiac Arrest

The iBeat is designed for helping those at risk for cardiac arrest. If you were to experience cardiac arrest, you would likely be unconscious. The iBeat ensures your safety by monitoring your heart for life-threatening emergencies such as your heart slowing or stopping.

If the device suspects an incident, it will ask if you are okay. If you select 'No' or are unresponsive for ten seconds, the watch will notify your emergency contacts and our around-the-clock dispatch team.

**INSERT CTA HERE: Click [here](#) to see 5 ways for preventing a fatal outcome after cardiac arrest.**

### 2) Fall (Broken Ankle, Hip, Etc.)

A fall can prevent you from being able to move to reach the phone and call for help. The iBeat watch brings the phone to you. All you have to do is press a button on your wrist to receive assistance.

The iBeat includes an emergency Help On-Demand button that, when pressed, notifies your emergency contacts, our dispatch team, and if needed – 911.

*Here is what to do in this situation:*

1. Stay calm. Take deep, long breaths and focus on finding your watch.
2. Simply press the emergency Help On-Demand button to notify your emergency contact or our dispatch team.

**INSERT CTA HERE: Click [here](#) to see if the iBeat watch is right for your needs.**

### 3) Break-in/Burglary



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Stress during a break-in/burglary can lead to confusion, making it difficult just to remember where the phone is to call 911. Use the iBeat watch to stay safe with the simple press of a button.

*Here is what to do in this situation:*

1. Stay calm and remember your iBeat watch will protect you.
2. Press the emergency Help On-Demand button to notify 911.

### 4) Lost

This type of scenario includes not remembering where you parked or how to walk back home.

*Here is what to do in this situation:*

1. The first thing to remember is to stay calm. Panicking can increase your stress levels and make the situation worse.
2. Take long, deep breaths to slow your heart rate.
3. Find a place to take a seat. If you can't, find somewhere you can stand away from danger (i.e., the sidewalk, or if you're in a parking lot, stand in front of the store).
4. Use the iBeat watch to contact your emergency contacts to help you find your way.

## 5) Panic Attack, Chest Pain, or Anxiety



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Simply wearing your iBeat watch on your wrist will bring peace of mind during panic attacks, chest pain, and anxiety.

*Here is what to do in this situation:*

1. Press the emergency Help On-Demand button to notify your emergency contacts, our dispatch team, or if needed – 911.

## Conclusion

The [iBeat](#) watch is not just for monitoring your heart rate; it can be used in a range of emergency situations outlined above. Use your iBeat watch to stay close to your emergency contacts and professional help if needed.