

As you age and continue to live independently in your own home, you may reach a time when, for peace of mind, you may want a check-in system to let someone know if you are not all right and need someone to check in on you. In case of an emergency, it is recommended that you either leave keys or the code to your garage so emergency personnel do not have to damage your front door. You can leave the code or key(s) with the Fairfield Glade Police Department.

There are several call-in features you can set up based on the type of phone you have (Smart Phone or landline). Some have a fee while others do not. Listed in this Tip Sheet are: SNUG Safety App, AssureOkay, CheckinBee, Life 360, Philips Lifeline through Cumberland Medical Center here in Crossville, and iamfine. As time goes on, other systems may become available.



The **SNUG Safety app** is a daily phone-in app for seniors and/or people living alone. It aims to provide peace of mind by ensuring that people call in daily at a predetermined time. If the user fails to check in more than 10 minutes after designated check in time, SNUG will automatically call the designated emergency contact(s). The app is easily available for Smartphone and Android Phones. It can be downloaded from the Apple Store or Google Play. There is no fee for the **beginner version** but a more advanced version does have a fee. It allows you to store medical information as well as having a dispatcher to call contacts. It allows you to store other personal information in an encrypted format.



AssureOkay App can be downloaded to your Smartphone through the Apple App store. If you have an Android, Google Play will have this app available soon. You set up the number of times you want to check-in and the time of the check-in including a grace period. AssureOkay will automatically notify your designated contacts by email and SMS (text) if you miss the check-in and grace period. Both the basic plan and the Plus Plan have a fee. If you pay for the year, the cost is lower. If you cannot afford to pay the fee, contact AssureOkay and they will try to assist you with that.

With the Plus Plan, you can select text check-ins where you receive a simple text message and you just reply to their SMS and confirm you are safe. For that version, no app is needed.



CheckinBee App – Once set up, it sends a simple daily text message to check if everything is okay. You reply with a quick “yes” or “ok. If there is no response from you, there will be two follow up reminder messages. If there is still no response, your chosen care circle — family or caregivers — is automatically alerted by text. Then it is up to family or caregivers to follow up and make sure everything is okay.

There is a 14-day trial period for you to try this app free of charge. After that, there is a fee for the Family Plan or the Family Plan Plus (which includes up to 3 check-ins per day and up to 8 care circle members). There are no contracts so you can cancel at any time.



Life360 – This system has an app for your Smartphone with many options, but is different from the daily check-in programs described above. One version of this app is free. The free version provides basic location and driving safety tools for day-to-day use. The options with a monthly cost, will track you. Also, with the added Tile Bluetooth tracker (that you can add) you can find misplaced items such as keys, sports bags or backpacks and many more in addition to the SOS button.

With the next service, **no SmartPhone is needed, just a landline phone.**



Iamfine is a system that calls you every day on your landline phone at a designated time once or twice a day. You answer the landline and press “1” on your phone. That will send a message to your CareCircle of family and friends that you are OK. If you miss your check-in time, the program will call you multiple times. If they still can’t reach you, they will alert your family and friends. **No computer or Smartphone is needed.** They have a two-week trial period. After that, there is a fee. There are different plans available and to choose the one that is best for you, call 1-855-410-1010.

Medical Alert Systems or Personal Emergency Systems:

The following are medical Alert Systems **rather** than a call-in system and they vary in types, features and costs.

Types of Medical Alert Devices

- **In-Home systems:** Operate within the home, connecting via landline or cell network
- **Mobile Systems:** Use GPS and cell technology for protection on the go
- **Wearable Devices:** Include pendants, wristbands or smartwatches with emergency buttons
- **Wall Mounted Buttons:** Placed in high-risk areas like bathrooms for easy access.

Key Features to Consider

- **Water Resistance:** Ensures functionality in the shower or during handwashing
- **Lightweight Design:** For comfortable daily wear
- **Long Battery Life:** Reduces the need for frequent charging
- **Extended Range:** Important for larger homes or outdoor use
- **Fall Detection:** Automatically alerts help if a fall is detected
- **GPS Tracking:** Allows responders to locate the user quickly
- **Multiple Contact Notifications:** Alerts family members or caregivers in emergencies

Understanding Costs – Costs vary based on features and providers

- **Monthly Fees:** Typically range from \$20 to \$50
- **Equipment Costs:** Some providers charge for devices; others include them in the monthly fee.
- **Activation Fees:** May apply during initial setup
- **Optional Features:** Add-ons like fall detection or GPS tracking may incur additional costs

Philips Lifeline is a medical alert pendant that can call for help when you are unable to call due to a medical issue or other emergency. This is monitored through Cumberland Medical Center (931-459-7118). You choose the service you want (one where you push the button when help is needed or Lifeline with AutoAlert where either you push the button for call for help or a call for help is automatically placed when a fall is detected and you can't push the button). You also need to choose a communicator (Cordless Phone or CarePartner Communicator). You can also call the toll-free number at 855-479-1696.

Here are some additional systems since there are many on the market:

Life Alert 1-800-990-0595

Medical Guardian – 1-877-847-5839

Lifeline 1-888-910-9028

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