

# QUICK START: DIGITAL HEALTH GUIDE

This Digital Health Guide was inspired by FAQ our UScellular® associates' field from parents and built as a resource to help navigate some of the most common digital health concerns for kids today.

TIP

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Leverage your Phone's native settings to set up Screen time limits



## APPLE SCREEN TIME

1. Open the Settings app, then tap Screen Time.
2. Under Family, tap your child's name to set age-appropriate Content & Privacy restrictions, get a weekly Screen Time report, turn on other Screen Time settings, and lock the Screen Time settings and parental controls.
3. On your own device, go to Settings > Screen Time to see a report showing how you use your device, apps, and websites.

Set the expectation that you can and will access the device at random to ensure their safety and that rules are being followed.

Set up a family password sheet

## ANDROID DIGITAL WELL BEING

1. Open the Settings app on your Android phone.
2. Scroll down and tap Digital Wellbeing & parental controls.
3. If this is your first time accessing Digital Wellbeing, you'll be prompted to set up a profile.
4. Follow the on-screen steps to create your profile.
5. Once complete, scroll to the bottom of the Digital Wellbeing Dashboard.
6. On the dashboard, click the 3 dots in the top-right corner & tap settings.
7. Turn "Show Digital Wellbeing on Apps screen" toggle to the On position.

## GOOGLE FAMILY LINK

1. Download the Family Link app onto your device (Android or iPhone).
2. If your child already has a Google account, link both of your accounts.
3. If your child doesn't have a Google account, create one for them.
4. Open the Family Link app and select your child's Google account to supervise

TIP



## Limit who can access your child on their device: Set up device to block calls/texts that aren't in contacts

### APPLE

#### Pre-iPhone 15 Models

Open Settings -> Select Phone -> Toggle on "Silence Unknown Callers"

#### iPhone 15 and newer models

Open Settings -> Scroll down to Apps -> Select Phone -> Toggle



Pre-Program important contact numbers  
Add ICE (In Case of Emergency)  
to emergency contacts

Teach your kids not to click on links,  
respond to or provide any personal  
information to people they don't know  
and are not in their contact list.

### ANDROID

1. Open Phone App
2. Tap the 3-dot button in the top-right corner
3. Tap Settings—select Blocked Numbers then turn on the "Unknown" or "Block calls from unknown numbers" option

TIP



It can feel overwhelming to know how to vet out  
what apps are safe for your children—leverage  
these app safety tips as a resource.



### APP SAFETY TIPS

Pay attention to age recommendations and use them as a rule in your home.

- Age recommendations align with the type of content, privacy, ads served etc. and are a built-in safety tool.

Check privacy/security settings on every app

Avoid apps with open/public voice or text chat amongst players

Monitor your child's play on apps/games

- Casting, playing along or watching with your kids will give you more visibility into how to keep them safe

Set up app permissions and notifications  
Visit [UScellular.com/BuiltforUS](https://www.uscellular.com/BuiltforUS) to learn  
how to put your phone in US Mode

If you are unsure about an app's safety or  
what to expect, do an online search for  
reviews or leverage other resources:

- Tap into your own parent community and friends.
- Schools and libraries may have resources.
- "Parenting in a Tech World" Facebook group. You can post or search previous

TIP

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You are not alone on this journey and there are many resources out there to help guide you. Here are a few other resources that we highly recommend.

### USCELLULAR SMARTER START RESOURCES



To learn more, scan the QR code or visit us at [uscellular.com/smarterstart](https://uscellular.com/smarterstart)



### SAFETY APPS

- Bark Offer
- Canopy
- Life360
- Apple's Screen Time (built-in)
- Android's Digital Wellbeing (built-in)

### WELLNESS APPS

- Headspace
- Calm

