

A BE HAPPY RETIRED COMPANION

AgeTech Starter Cards

*Six small phone setups that remove daily friction —
in plain words, three steps each.*



From Farook's desk · behappyretired.com

AgeTech Starter Cards

You don't need to understand electrons to turn on a lightbulb — and you don't need to understand the phone to make it kind. Six cards. Each removes one daily frustration. Do one a day; ask a grandchild, a neighbor, or the phone shop to sit with you on any card — that's not defeat, that's the method.

Card 1 · Bigger, friendlier text

Why: reading shouldn't be a squint.

1. Open **Settings** (the gear icon).
2. Find **Display** → **Font size** (on iPhone: **Display & Brightness** → **Text Size**).
3. Slide it up one step at a time until reading feels easy. Done — everything, everywhere, is bigger.

Card 2 · A ring you can actually hear

Why: missed calls are missed grandchildren.

1. **Settings** → **Sounds** (or **Sound & vibration**).
2. Raise **Ringtone volume** to near full.
3. Pick a ringtone that's bright and simple — then call yourself from another phone to test it.

Card 3 · The emergency button

Why: peace of mind for you and everyone who loves you.

1. **Settings** → search the word "**Emergency**".
2. Add one or two **emergency contacts** (spouse, child, close friend).
3. Learn the shortcut: on most phones, pressing the power button quickly several times calls for help.

Card 4 · Photos that reach the family

Why: the grandkids grow fast; your phone can keep up.

1. Open your family chat (WhatsApp or similar).
2. Tap the + or camera icon → **Camera**, take the photo, send.
3. Practice once today with any photo — a flower, your breakfast. Someone will smile back within the hour.

Card 5 · Video calls — faces, not just voices

Why: a face does what a phone call can't.

1. In your family chat, tap the **video camera** icon at the top.
2. Hold the phone at arm's length, slightly above eye level, window light facing you.
3. Prop the phone on a cup or stand — hands free is happier.

Card 6 · Passwords, safely kept

Why: one less thing to remember is one more thing to enjoy.

1. Use a small notebook kept in one safe drawer — or the phone's built-in password manager (Settings → search "Passwords").
2. Write passwords clearly, and never email or message them to anyone.
3. Tell one trusted person where the notebook lives. Future-you will be grateful.

These cards pair with The Marvel Smartphone That Makes Life Easier and You Don't Need to Understand Electrons to Turn On a Lightbulb at behappyretired.com. One gentle letter a week, free. — Farook