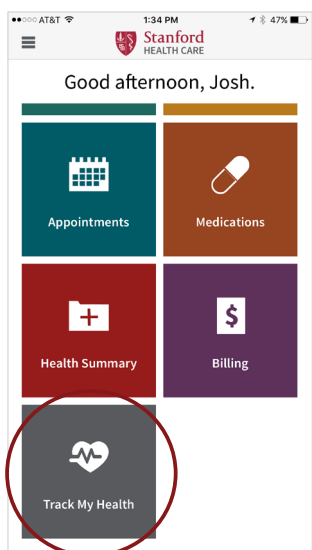


# MyHealth Personal Health Tracking - iOS

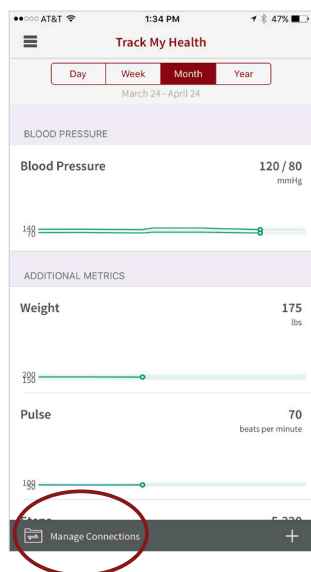
- 1 Get the MyHealth App on your Phone



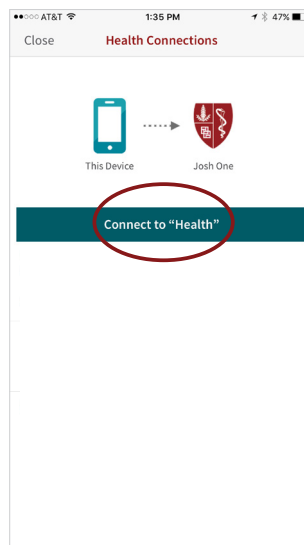
- 2 Link your Apple Health Account to MyHealth on your phone



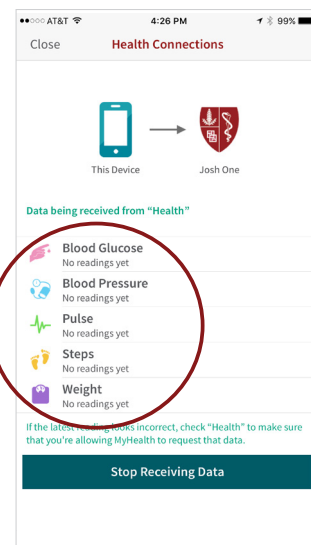
After your doctor has placed the order, you can log in to MyHealth and tap on the **Track My Health** tile



Tap **Connect to Health** at the bottom of the screen

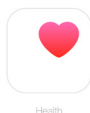


Tap **Connect to "Health"** to link your Apple Health information to the Stanford MyHealth app



The confirmation screen will show which data is being shared to MyHealth

- 3 Open the App you want to share data for and authorize it to share with Apple Health



- 4 You can see your data in MyHealth and your care team will see the data in your chart

