1. Get the MyHealth App on your Phone
   [Download on the App Store]

2. Link your Apple Health Account to MyHealth on your phone
   - Log into MyHealth and click on the Track My Health tile.
   - Click Connect to Health at the bottom of the screen.
   - Click 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.

For issues with setting up your device, please call our Help Desk at 866.367.0758