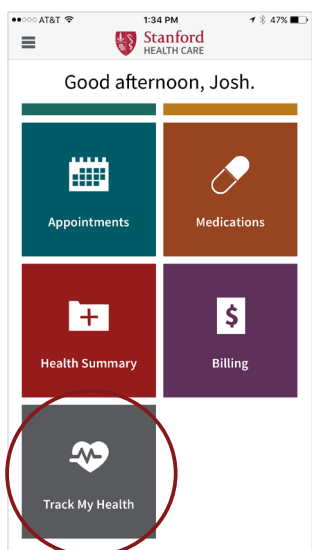


# MyHealth Personal Health Tracking - iOS

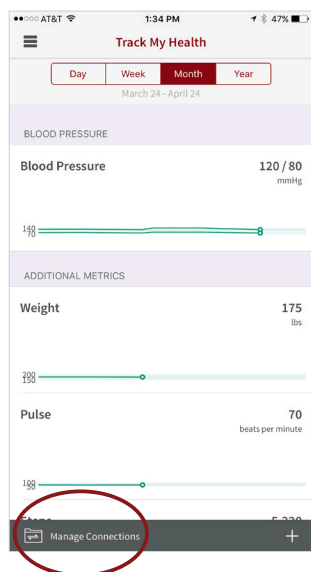
- 1 Get the MyHealth App on your Phone



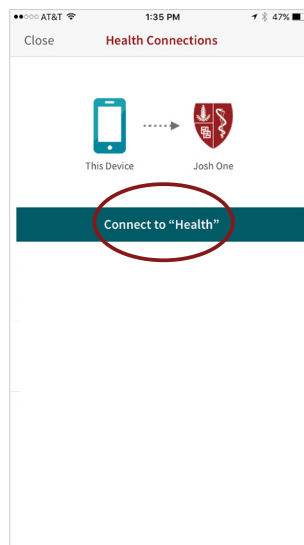
- 2 Link your Apple Health Account to MyHealth on your phone



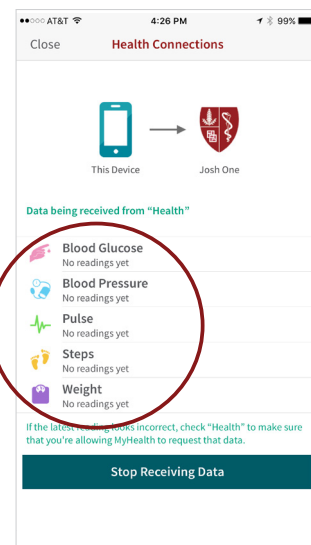
Log into MyHealth and click on the Track My Health tile.



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

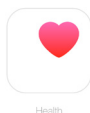


Click **Connect to "Health"** to link your Apple Health information to the Stanford MyHealth app.



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.

