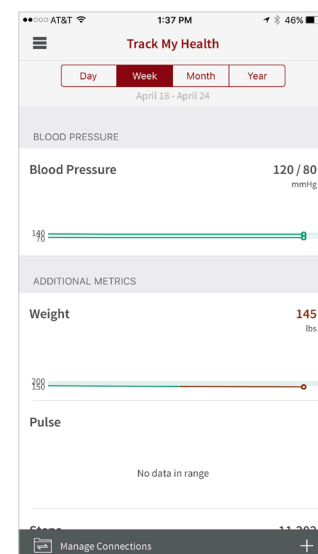
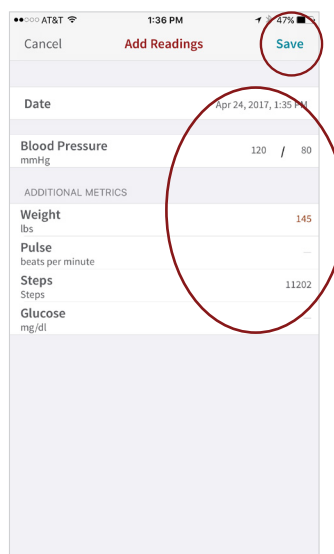
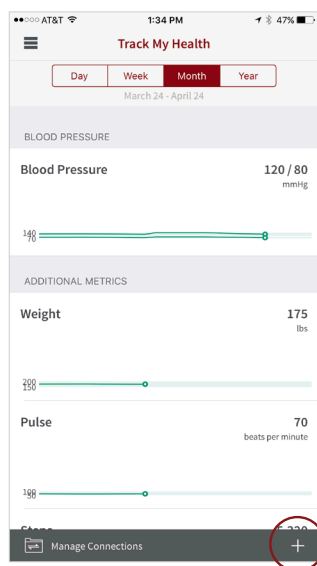
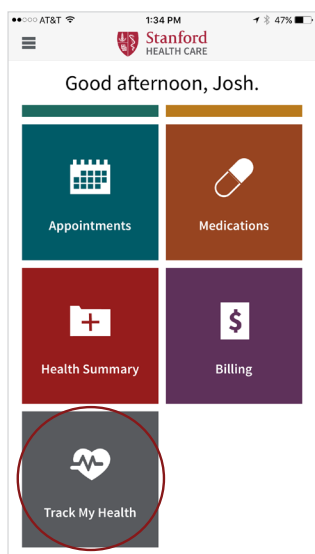


# MyHealth iOS App Personal Health Tracking - Manual

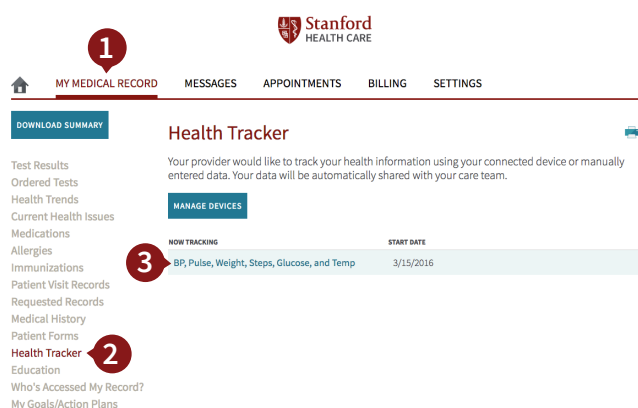
- 1 Log into MyHealth and click on the Track My Health tile.
- 2 Click the white plus-sign in the bottom right-hand corner.
- 3 Enter your reading then click Save.
- 4 Your data is now available to your care team, and you can review your readings in the app.



# MyHealth Personal Health Tracking - Manual

Log into MyHealth Website and click on:

- 1 My Medical Record
- 2 Health Tracker
- 3 BP, Pulse, Weight, Steps, and Blood Glucose



- 4 Click on the **Enter Data Manually** text.
  - Enter the relevant readings in each box.
  - If you would like to enter multiple readings, select **Add Another Reading**.
  - Otherwise scroll down and click **Continue**.
  - Review the data and click **Submit**.

