MyHealth Personal Health Tracking - iOS

1. Get the MyHealth App on your Phone
   ![](https://example.com/appstore.png)

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.

   ![Track My Health Tile](https://example.com/track-my-health.png)

   Tap Connect to Health at the bottom of the screen.

   ![Connect to Health](https://example.com/connect-to-health.png)

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

   ![Connect to Health Confirmation](https://example.com/connect-to-health-confirmation.png)

   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

   ![MyHealth Data Screen](https://example.com/myhealth-data.png)