Share My Health Data
At A Glance

VAHealth

SMHD

What is Share My Health Data?

The Share My Health Data app allows Veterans to view data from health tracking devices all in one place and share it with VA care teams. Examples of ways to share data include compatible fitness watches such as a Fitbit, Garmin, or Apple Watch, and fitness trackers such as Apple Health. You can also pair compatible Bluetooth devices such as weight scales and blood pressure monitors. You can manually enter health data such as blood pressure, heart rate, glucose, pulse oximetry, temperature, and weight.

To use the Share My Health Data app, you must be enrolled in VA health care and have Login.gov, ID.me, or DS Logon Level 2 (Premium) account credentials.

Get Started

To start using the Share My Health Data app, you will need to log in, connect your compatible health tracking devices, and set up your Dashboard to view and manage your health metrics. To navigate the app, use the four tabs at the bottom of the screen: **Dashboard**, **Settings**, **Profile**, and **Help**.
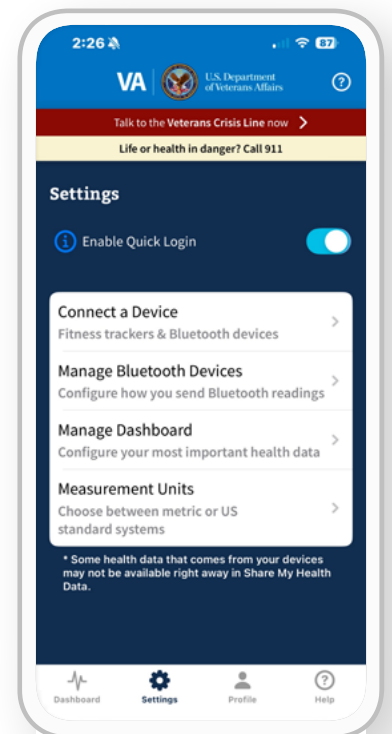
To connect or pair devices, select **Settings**, then select one of the following options:

* **Connect a Device** – A new window will open to a list of fitness trackers, watches, and Bluetooth devices. Select one of the following options to connect to a fitness tracker or device:

  * Fitness Trackers & Watches
  * Blood Pressure Monitor
  * Glucose Meter
  * Heart Rate Monitor
  * Pulse Oximeter
  * Scale
  * Thermometer

  To connect to a fitness tracker or watch, select **Fitness Trackers & Watches**. A new window will open allowing you to select from a list of supported fitness trackers, such as Fitbit, Garmin, and Apple Health. To connect to your fitness tracker or watch, select the fitness tracker or device from the list and follow the prompts to start sharing data.

  To connect a Bluetooth device, select one of the following categories based on the type of device you are trying to connect:

  * Blood Pressure Monitor
  * Glucose Meter
  * Heart Rate Monitor
  * Pulse Oximeter
  * Scale
  * Thermometer

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A list of compatible devices will appear. Select your Bluetooth device from the list. You will be directed to a Bluetooth Status page with instructions for pairing your Bluetooth device. Follow the instructions to continue the pairing process. A pop-up box will appear asking permission to pair your Bluetooth device. Select **Pair**. Once the device is paired, you will see instructions on how to take a reading with your device.

If a health reading from your Bluetooth device is successful, a Device Read Successfully message will appear at the bottom of the screen and your health data will be automatically displayed in your Dashboard.

• **Manage Bluetooth Devices** – To allow Share My Health Data to automatically send readings from your devices and save them to the app, select the Enable Bluetooth Passive reading toggle at the top of the screen. To disconnect and remove a device, select the red circle to the left of a connected device and select **Delete**.

Manage and View Your Dashboard

Select **Dashboard** to view health metrics. To add health metrics to your Dashboard, select the Settings tab and select **Manage Dashboard**. Scroll down to view your list of Not Displayed Metrics. Select the toggle to the right of a metric to add it to your Dashboard. You can also add health metrics to your Dashboard by selecting the Dashboard tab and selecting **Edit Dashboard** in the top left corner of the screen. You will be redirected to the Manage Dashboard screen. Scroll down to view your list of Not Displayed Metrics. Select the toggle to the right of a metric to add it to your Dashboard.

To manually enter health information, select the **Dashboard** tab and then select the **+Add Data** button, or select a specific metric and then select the **+Manually Enter Data** button at the top of the screen.

Select any metric in your Dashboard to view a graph or list of your recorded health measurements. You can change the date range by selecting the **Calendar** icon in the top right corner of the screen.

To view metric highlights, such as the lowest, highest, and average measurements recorded during the selected date range, select any metric in your Dashboard, select **Graph View**, then select **View Metric Highlights**.

Select **See More Supported Metrics** at the bottom of the Manage Dashboard screen to view additional health metrics you can track by connecting other compatible health devices or manually entering data. You can view more details about each metric by selecting **More** below the name.

If you have used multiple devices that record the same measurements (e.g., number of steps or minutes of activity), tap **Select Device** at the bottom of the screen to filter your health measurements by each device or input method.

Help and Additional Information

The Share My Health Data app is available for download on iOS and Android devices in the Apple App Store or Google Play store.

To access help within the Share My Health Data app, select the **three dots** icon in the top right corner of any screen or select the **Help** tab at the bottom of the screen. More resources, such as a Slideshow and FAQs, can be found on **mobile.va.gov/app/share-my-health-data**.

If you need assistance with the Share My Health Data app, contact the OCC Help Desk at **866-651-3180**. For questions about your health, please contact your VA care team.