

Share My Health Data At A Glance



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 devices such as a Fitbit, Garmin, or Apple Watch, and apps such as Apple Health. You can also pair compatible Bluetooth-enabled 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 if your health tracking device is not compatible with Share My Health Data.

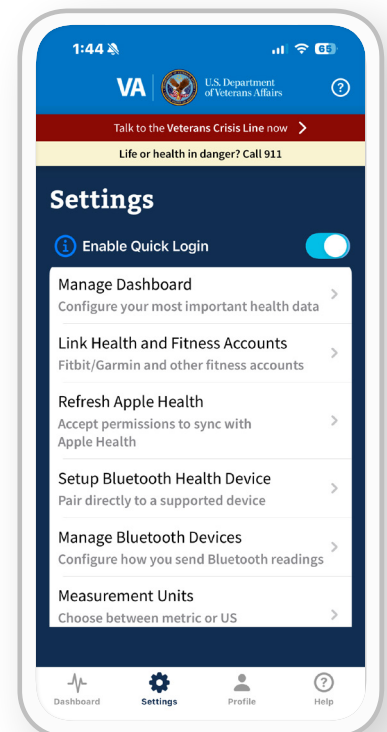
To use the Share My Health Data app, you must be enrolled in VA health care and have My HealtheVet Premium, Login.gov, ID.me, or DS Logon Level 2 (Premium) account credentials.

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 Daily 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:

- **Link Health and Fitness Accounts** – A new window will open allowing you to log in to your Fitbit, Garmin, or other health and fitness account to automatically sync readings from your device to the Share My Health Data app.
- **Connect Apple Health** – You will arrive at the Health Access screen to allow the Share My Health Data app to access and update your health data. Select **Turn On All** at the top of the screen to allow the app to collect your health data for all metrics or select the health metrics you would like to track by selecting the toggle next to each metric. Select **Allow** in the top right corner of the screen to automatically sync readings from your device to the Share My Health Data app.
- **Setup Bluetooth Health Device** – A new window will open to a list of compatible Bluetooth devices you can connect to. You will see a notification to allow Bluetooth to take readings from your device, with instructions to pair your device and take a reading. A pop-up box will appear asking permission to send notifications to your device. Select **Allow**, then select on your device



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in the list. Select **OK** in the pop-up box to allow the Share My Health Data app to use Bluetooth to take readings from your connected device. You will be directed to a Bluetooth Status page with instructions for pairing your Bluetooth device. Follow the instructions to complete the pairing process. Once the device is paired, you will see instructions on how to take a reading with your device.

After connecting your health tracking device, health data will automatically be recorded in the Share My Health Data app.

To manage your compatible Bluetooth devices, select **Manage Bluetooth Devices**, then select the toggle to the right of Enable Bluetooth Passive to automatically send readings from your device and save them to the Share My Health Data app. You can also select the red circle to the left of a connected device to disconnect it and remove it from your list of devices.

Manage and View Your Daily Dashboard

Select **Dashboard** to view health data. To add health metrics to your Daily Dashboard, select **+ Add/Remove a Metric**. You will see a list of Displayed metrics and Not Displayed metrics. Select the toggle to the right of each metric to include it in or remove it from your Daily Dashboard.

To manually enter health information, select the **Daily 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 list view.

Select any metric in your Daily 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 Daily Dashboard, then select **View Metric Highlights**.

You can also select **See All Supported Metrics** to view additional metrics you can track by connecting or pairing other health devices, or by manually entering health measurements.

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

Help and Additional Information

The Share My Health Data app is available for download on iOS and Android devices in the Apple App 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. To access a tutorial for the app, select **Profile**, then select **How To Use This App**. 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.

