

# 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 fitness devices such as a Fitbit, Garmin, or Apple Watch, and Bluetooth-enabled devices such as weight scales and glucose meters. Health data can also connect from apps such as Apple Health and Google Fit.

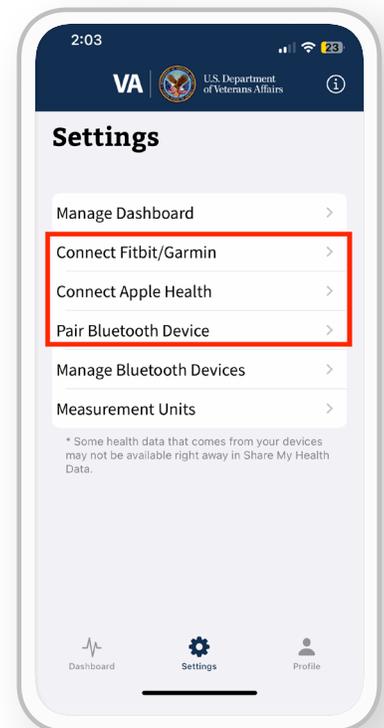
To use Share My Health Data, you must be enrolled in VA health care and have My Health eVet Premium, Login.gov, ID.me, or DS Logon Level 2 (Premium) account credentials.

## Get Started

To start using Share My Health Data, you will need to log in, connect your health tracking devices, and set up your Daily Dashboard to view and manage your health measurements. To navigate the app, use the three tabs at the bottom of the screen: **Dashboard**, **Settings**, and **Profile**.

To connect or pair devices, tap **Settings**, then tap one of the following options:

- **Connect Fitbit/Garmin**—A new window will open allowing you to log in to your Fitbit or Garmin 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 Share My Health Data to access and update your health data. Tap **Turn On All** at the top of the screen to allow the app to collect your health data for all measurements or select the health measurements you would like to track by tapping the toggle next to each measurement. Tap **Allow** in the top right corner of the screen to automatically sync readings from your device to the Share My Health Data app.
- **Pair Bluetooth Device**—A new window will open to a list of compatible Bluetooth devices you can connect to. A pop-up box will appear asking permission to send notifications to your device. Tap **Allow**, then tap on your device in the list. Tap **OK** in the pop-up box to allow Share My Health Data 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.



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# Share My Health Data

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

To manage your Bluetooth devices, tap **Manage Bluetooth Devices**, then tap the toggle to the right of Enable Bluetooth Passive to automatically send readings from your device and save them to Share My Health Data. You can also tap 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

Tap **Dashboard** to view health data collected from your devices, such as heart rate or exercise minutes. To add health measurements to your Daily Dashboard, tap **+ Add/Remove a Measurement**. You will see a list of Displayed measurements and Not Displayed measurements. Tap the toggle to the right of each measurement to include it in or remove it from your Daily Dashboard. You can also tap **See All Supported Measurements** to see additional measurements you can track by connecting or pairing other health devices.

Tap any measurement in your Daily Dashboard to view a graph or list of your recorded health measurements. You can change the date range by tapping the **calendar** icon in the top right corner of the screen.

To view measurement highlights, such as the lowest, highest, and average values recorded during the selected date range, tap any measurement in your Daily Dashboard, then tap **View Measurement Highlights**.

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

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

To access help within Share My Health Data, tap the **information** icon in the top right corner of any screen. To access a tutorial for the app, tap **Profile**, then tap **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](https://mobile.va.gov/app/share-my-health-data).

If you need assistance with the Share My Health Data app, dial 1-877-470-5947 to speak with a VA representative. For questions about your health, please contact your VA care team.

