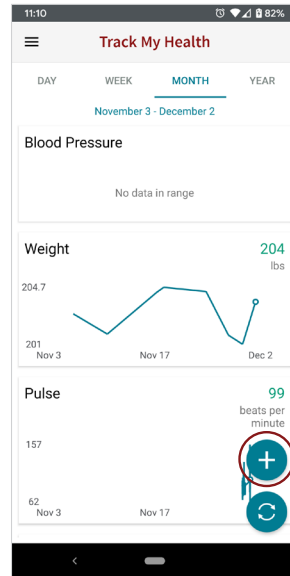
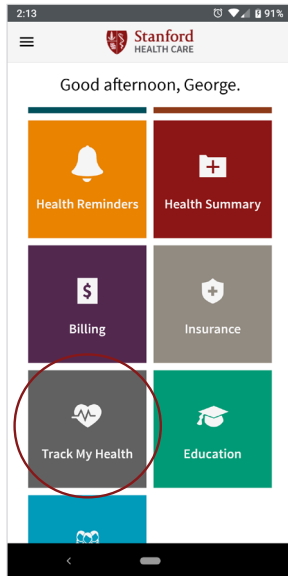


# MyHealth Android App Personal Health Tracking - Manual

- 1 After your doctor has placed the order, you can log in to MyHealth and tap on the **Track My Health** tile
- 2 Tap the **+** in the bottom right corner
- 3 Enter your reading by hand and then tap **SAVE**
- 4 Your data is now available to your care team, and you can review your readings in the app



11:10 | 82% battery

Add New Entry

Date Aug 15, 2020 11:40 AM

BLOOD PRESSURE

121 / mmHg

WEIGHT mmHg

PULSE bpm

STEPS steps

GLUCOSE mg/dl

TEMPERATURE Fahrenheit

SAVE

