MyHealth iOS 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

For issues or questions please visit: myhealth.stanfordhealthcare.org/faq or call our Service Desk at 866.367.0758.

Stanford HEALTH CARE