

Connect Your Blood Pressure Monitor to myChart



Share your blood pressure readings with your care team automatically

Important – Read This First!

Before using this guide:

- Your blood pressure monitor must already be connected to Apple Health or Google Fit.
 - This guide is for patients using:
 - Apple Health on an iPhone
- or**
- Google Fit on an Android phone

If your blood pressure monitor is not connected to your mobile device yet, use the instructions that came with your device first.

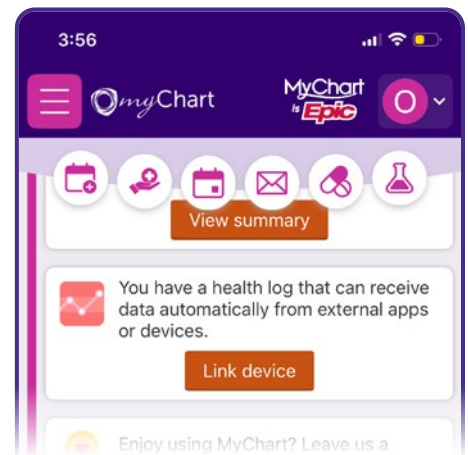


What You Will Need

- A Bluetooth blood pressure monitor
- The myChart or MemorialCare App installed on your phone
- One of these phone apps:
 - Apple Health (iPhone)
 - Google Fit + Health Connect (Android)
 - If you use Google Fit, make sure it is connected to Health Connect

Step 1: Open the myChart App

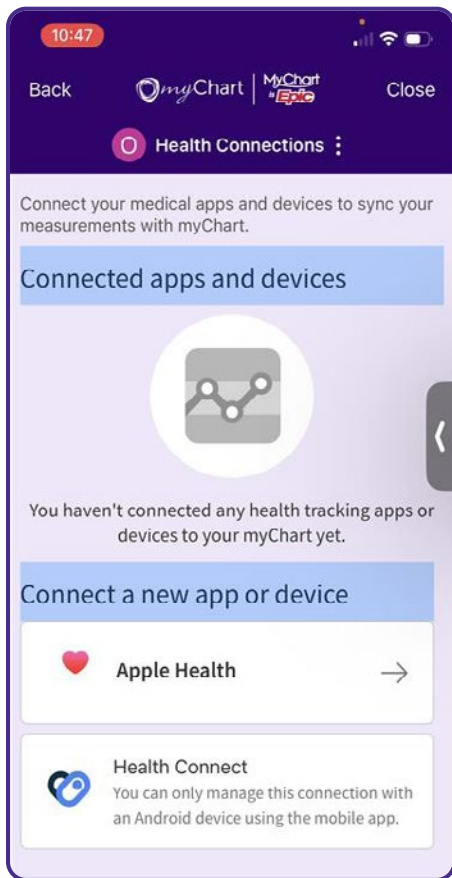
1. When your provider asks for your blood pressure, you will get a message or alert in myChart
2. Open the myChart app and read the message
3. Follow the steps on your screen



Step 2: Link Your Device

In the myChart app:

- Tap "Link Device" from your health feed
- OR**
- Go to Menu → Track My Health



Step 3: Connect to Your Phone's Health App

iPhone (Apple)

1. Tap "Connect to Apple Health"
2. Confirm the connection
3. Tap "Allow"

Android

1. Tap "Connect to Health Connect"
2. Confirm the connection
3. Tap "Allow"

✓ Your device is now connected to myChart

Step 4: Take Your Blood Pressure

- Take your blood pressure using your device as you normally do, following the instructions that came with it.
- Readings will be sent automatically to myChart
- View your readings anytime in myChart under "Track My Health"

What Happens Next?

- Your provider can now see your blood pressure readings
- If your numbers are too high or low, your care team may be alerted
- **Call 911 right away if you have chest pain, trouble breathing, or feel very sick**