

Manage Your Blood Pressure Measurements Using Share My Health Data



Regular blood pressure (BP) monitoring is essential for managing your health. These readings help you and your VA care team identify trends and detect potential health issues early.

With a VA-issued BP cuff, you can easily monitor your BP at home. VA's **Share My Health Data** app makes it easy to organize, view, and securely share information with your VA care team.

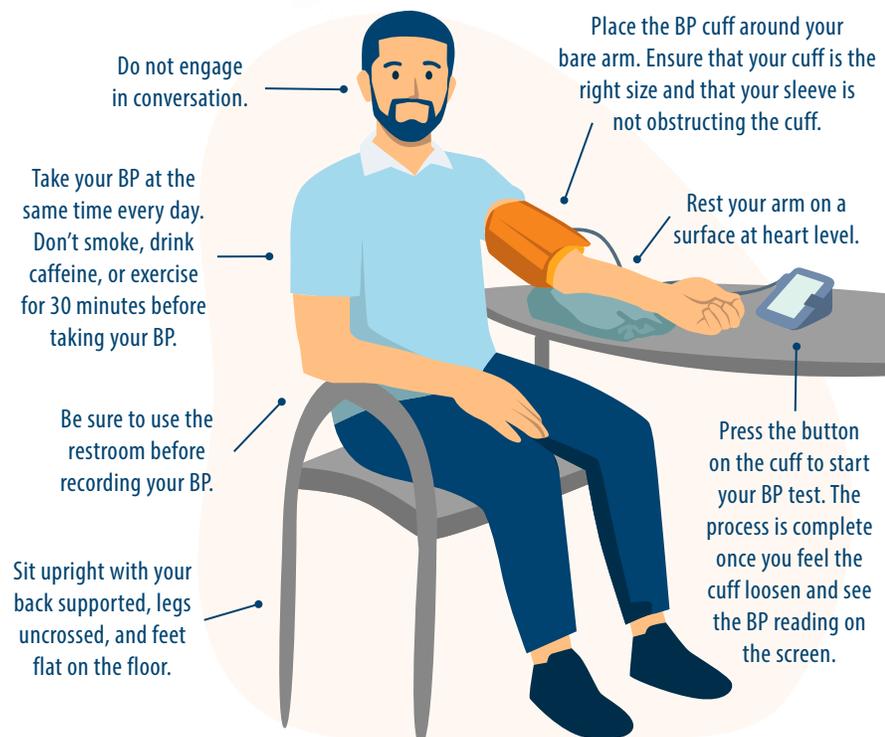
It is important to note that your VA care team will not be automatically notified when you share your data through the app. If you would like your VA care team to review your results, please send them a secure message using My Health eVet or discuss your request during your next appointment.

Follow the instructions below to prepare your equipment to connect to the Share My Health Data app and to make sure you're getting accurate BP readings at home.

1 Prepare equipment.

1. Ensure that **Bluetooth** is enabled on your phone and that your BP cuff has four AA batteries installed.
2. Select the **Share My Health Data** app on your phone and sign in.
3. Select **Settings** and then select **Connect a Device**.
4. Tap the type of device you wish to connect and then choose the image of your device.
5. Press and hold the **Start** button on the BP cuff until you see "Pr" on the display screen. Then select the **Pair** option on the pop-up screen.
6. Confirm that your device is connected on the Bluetooth Status screen. The status should show that the device is **ready to read**.

2 Prepare yourself.



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.

Data can be shared using compatible fitness devices such as an Apple, Fitbit, or Garmin activity tracker or smartwatch; apps such as Apple Health; and Bluetooth-enabled devices such as weight scales and BP monitors. You can also manually enter health data such as BP, heart rate, glucose level, blood oxygen level, temperature, and weight if your health-tracking device is not compatible with the Share My Health Data app.

To get started managing your health measurements, **sign in** using your account credentials, **connect** your health-tracking devices through Bluetooth by selecting Settings and then selecting your device type, and **set up** your dashboard. Simply navigate the app by using the **Dashboard**, **Settings**, and **Profile** tabs at the bottom of the screen.



Help and Additional Information

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

- For assistance within Share My Health Data, select the **Help** icon located in the top right corner of every screen.
- To access a tutorial for the app, select **Profile** and then select **How To Use This App**.

» **More resources, such as training materials and FAQ, are in the [VA App Store](#).**

For 24/7 assistance with Share My Health Data, call the Office of Connected Care Help Desk at **866-651-3180**.



Scan the QR code to watch a step-by-step video on pairing your BP cuff.

