

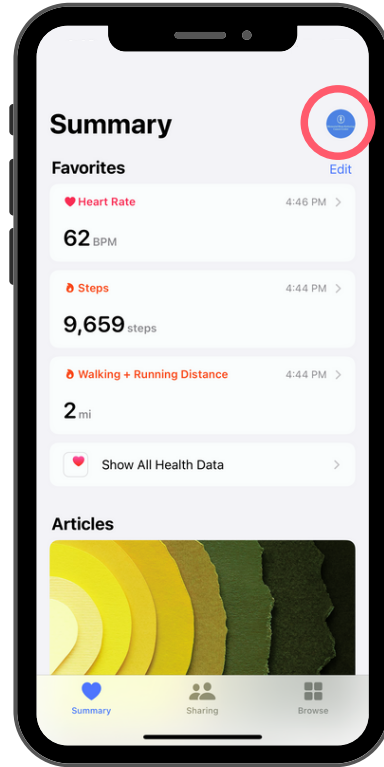
# Exporting Apple Health Data

1



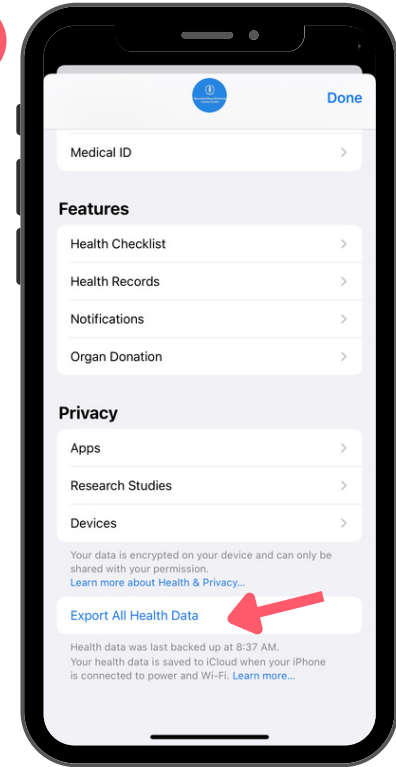
1) Open the 'Health' app on your iPhone

2

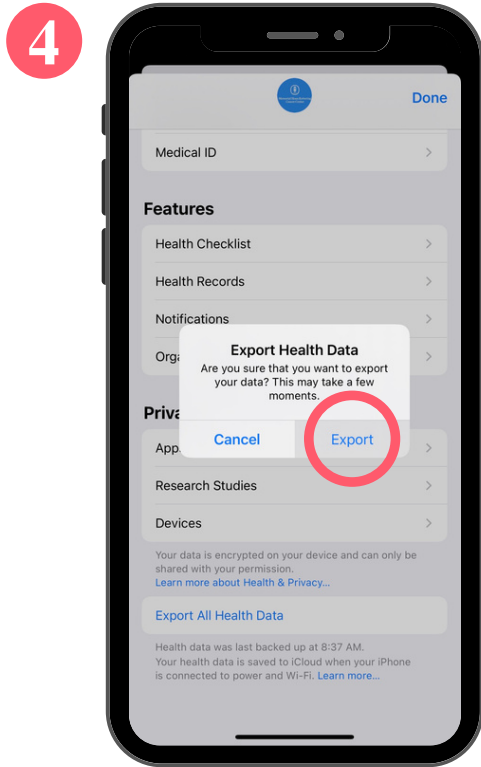


2) Click on your account icon in the upper right corner

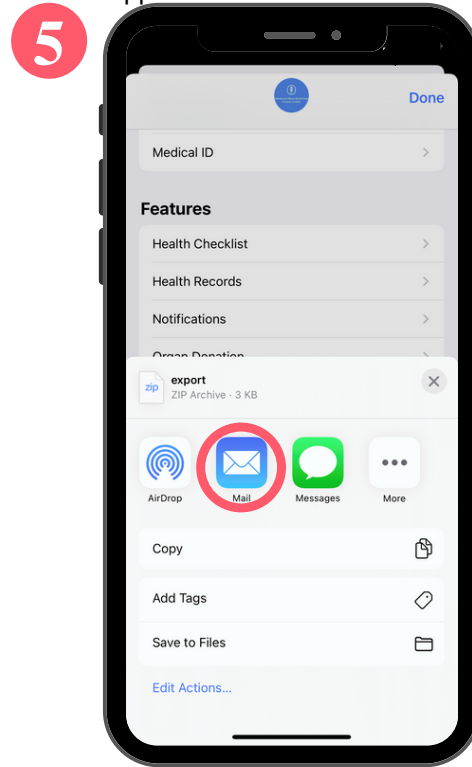
3



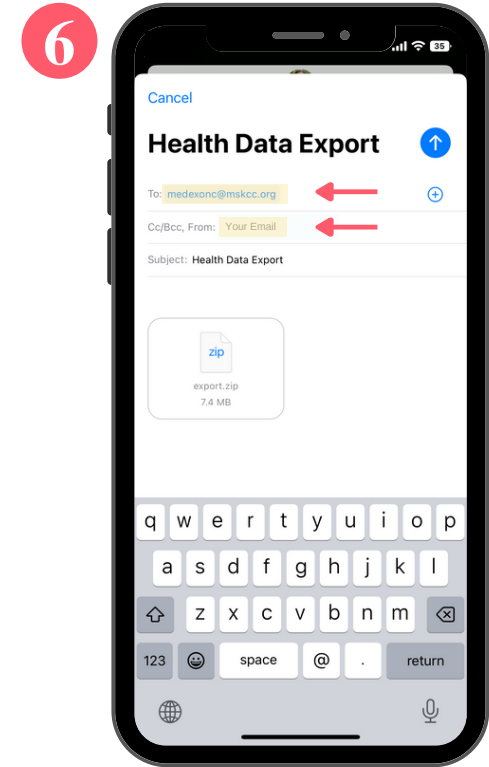
3) Scroll down and click 'Export All Health Data'



4) Confirm export



5) Select the option to email (if it is not listed, you can find it in 'More')



6) Email data to **medexonc@mskcc.org** by clicking the blue arrow in the upper right corner

### Additional Tips

- If your file is too large, you may be prompted to use Mail Drop (depicted in the image to right). Click 'Use Mail Drop'
- Ensure that you are sending the file from the email address you recorded in your consent form
- If the arrow in step 6 is not blue, press "Return" on your keyboard after typing in the email address.
- Email medexonc@mskcc.org or call 646-888-8103 if you have any questions or require assistance

