## Memorial Sloan Kettering Cancer Center IRB Number: 20-330 A(4) Approval date: 16-Nov-2022 Exporting Apple Health Data

1	Health

1) Open the 'Health' app on your iPhone

Summary	
Favorites	Edi
♥ Heart Rate	4:46 PM >
<b>62</b> BPM	
ð Steps	4:44 PM >
9,659 steps	
Walking + Running Distance	4:44 PM >
<b>2</b> mi	
Show All Health Data	>
Articles	
• **	

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



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

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Done

×

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More

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4) Confirm export

Export Health Data

your data? This may take a few

Medical ID

Features

Health Checklist

Health Records

Cancel

Learn more about Health & Privace

Export All Health Data

Research Studies

Notification

Priva

Ann

Devices

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

- • JI 🗢 35 h Cancel Health Data Export Ð Cc/Bcc, From: Your Email Subject: Health Data Export zip export.zip 7.4 MB qwertyuiop asd fghjkl zxcvbnm 🗵  $\odot$ 123 😅 @ space return

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

## **Additional Tips**

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- 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

Mail Drop	
These attachments may be too large (151 MB) to send in email. Do you want to use Mail Drop to deliver these attachments using iCloud? They will be available for the next 30 days.	
Use Mail Drop	
Try Sending Attachments	

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