Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

How To Install the iHealth Track

This information explains how to install the iHealth Track so you can use it as part of your care at MSK.

1. Download the iHealth MyVitals app from the iOS or Google Play store (see Figure 1).



Figure 1. iHealth MyVitals app

2. Sign into your iHealth account or sign up if you do not have one (see Figure 2)

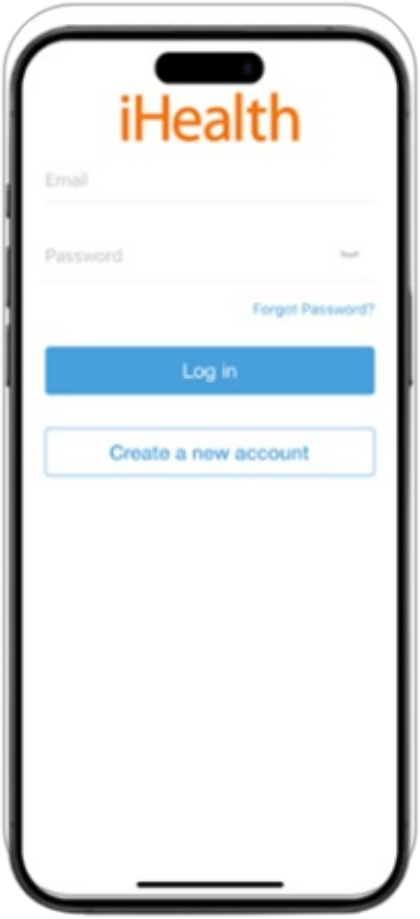


Figure 2. iHealth log in screen

3. Select your preference for sharing iHealth data with Apple Health by choosing “No” or “Yes” (see Figure 3). MSK will not be collecting data from Apple Health for this program.

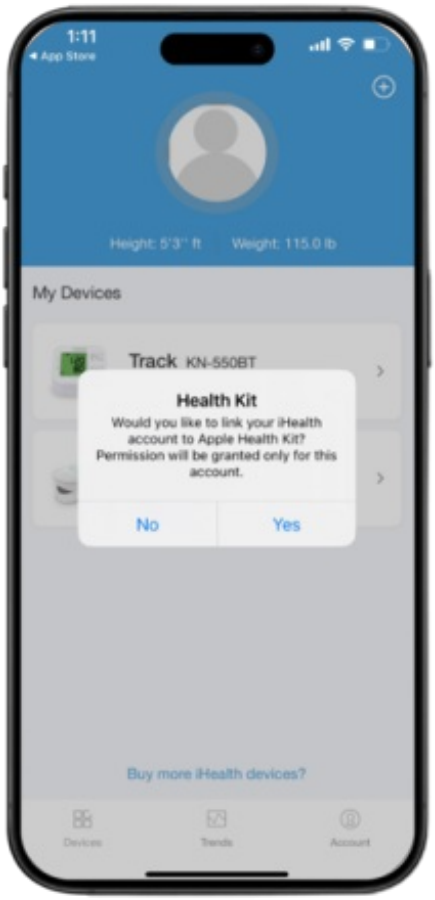


Figure 3. Select sharing preference

4. To set up a new device, tap “Select New Device” (see Figure 4).

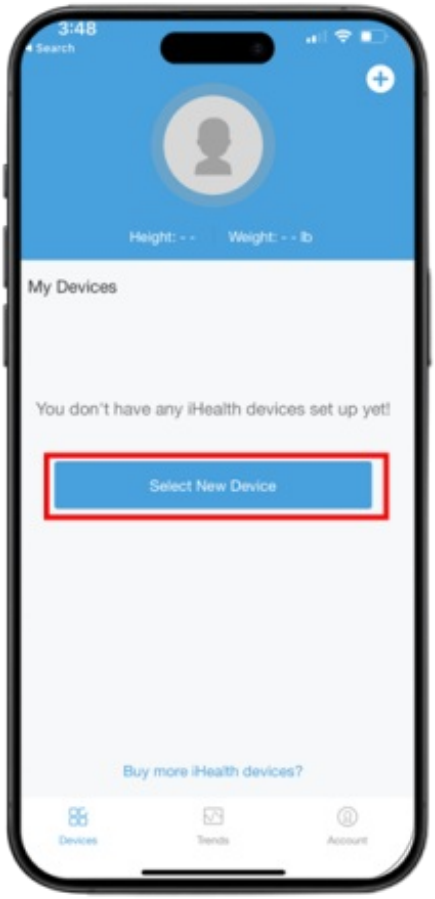


Figure 4. Select new device

5. Select “Blood Pressure Monitors” from list (see Figure 5).

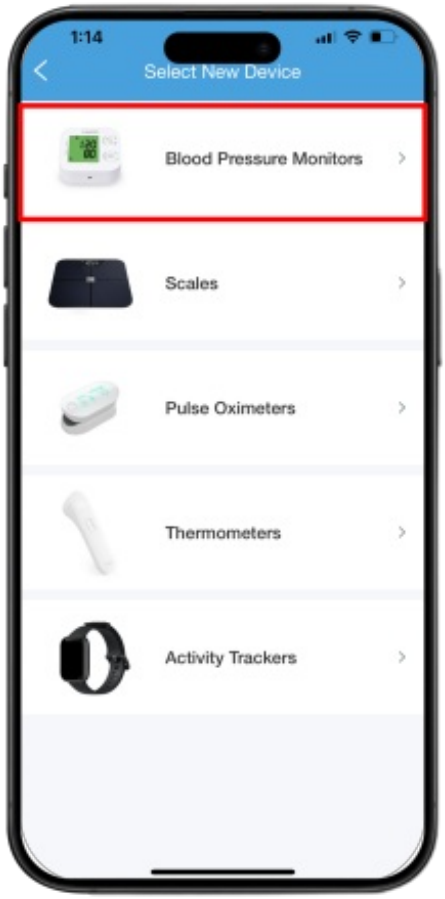


Figure 5. Select blood pressure monitors

6. Select “Track” device from list (see Figure 6).

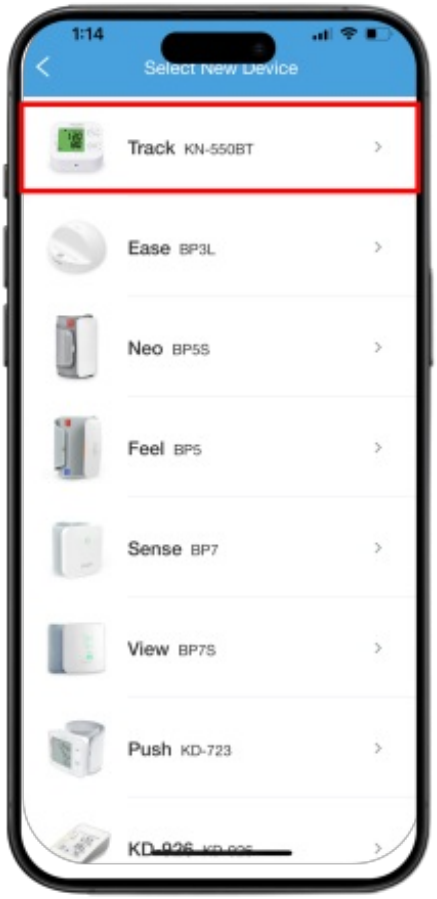


Figure 6. Select Track device

7. When asked to let iHealth use Bluetooth tap “Allow” (see Figure 7).

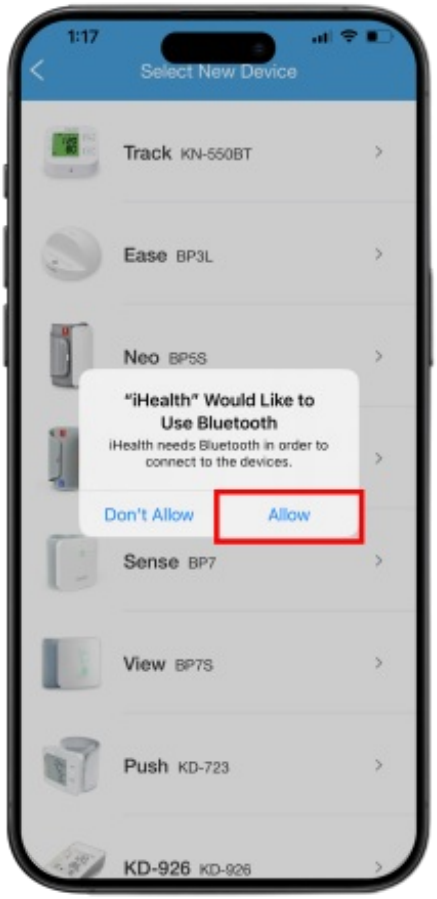


Figure 7. Allow Bluetooth access

8. Press the M/Cloud button on your blood pressure machine to turn on Bluetooth. Select “Next” (see Figure 8).



Figure 8. Turn Bluetooth on device

9. Select your Track model when it appears on the screen (see Figure 9). The blood pressure machine and app will begin to pair.



Figure 9. Select your Track model

10. Your device has been paired. Tap “OK” (see Figure 10). This will return you to the My Devices screen (see Figure 11).

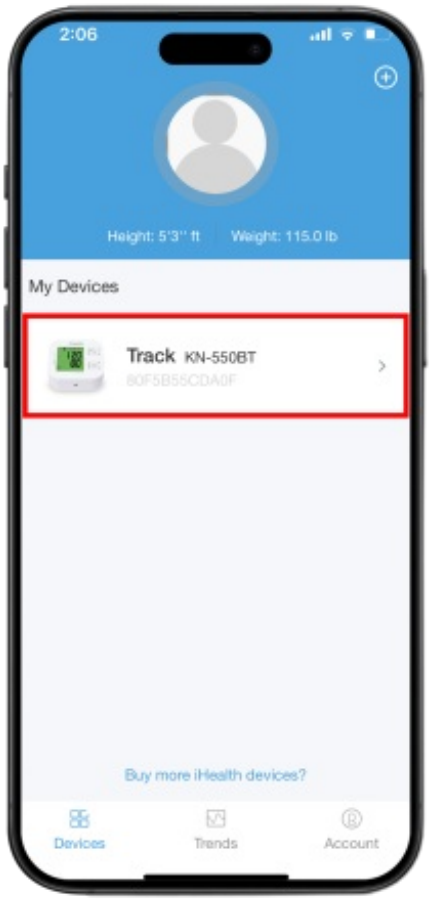


Figure 10. Your device is paired

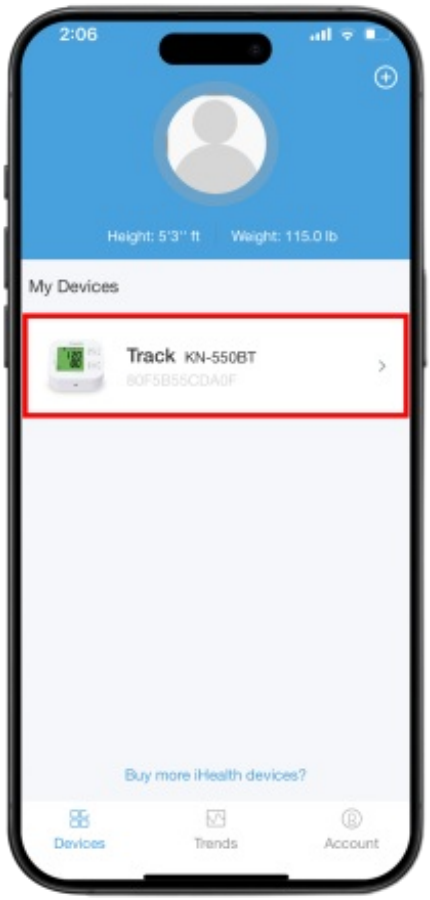


Figure 11. My Devices screen

Connecting your iHealth account to the MSK Remote Monitoring App

1. Open the MSK Remote Monitoring mobile app and log in (Figure 12).

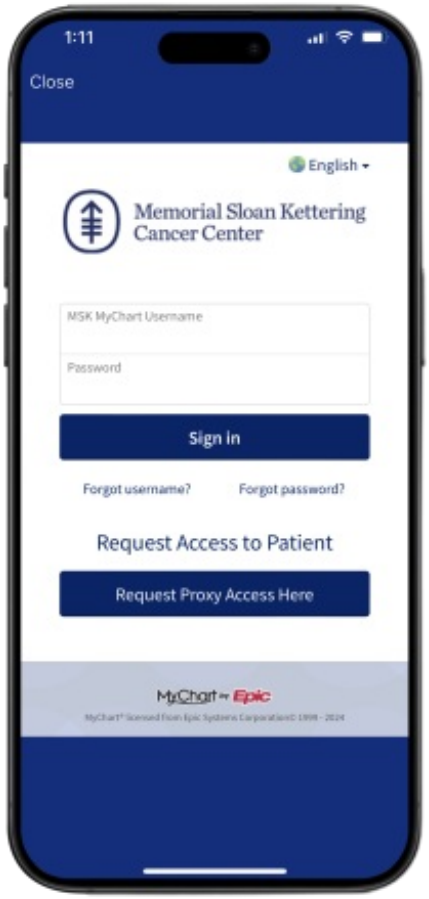


Figure 12. MSK Remote Monitering app

2. Review the authorization screen and select “Continue”(see Figure 13).

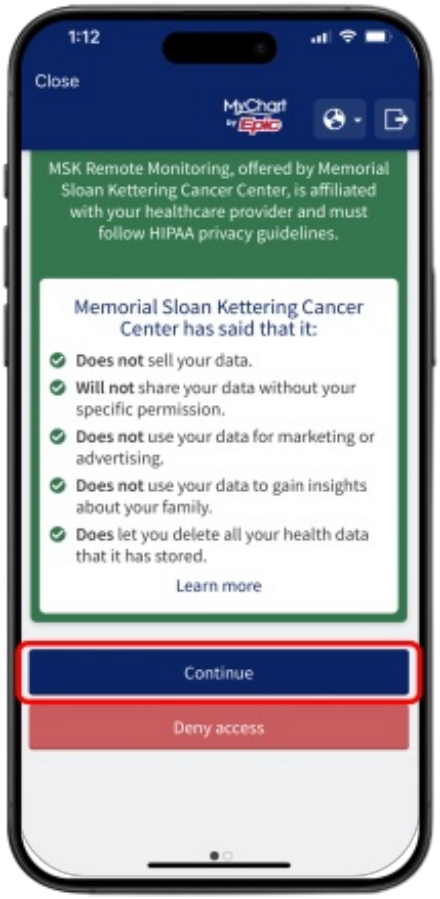


Figure 13. Authorization screen

3. Review the data authorization screen and select a time range, then tap “Allow access” (see Figure 14).

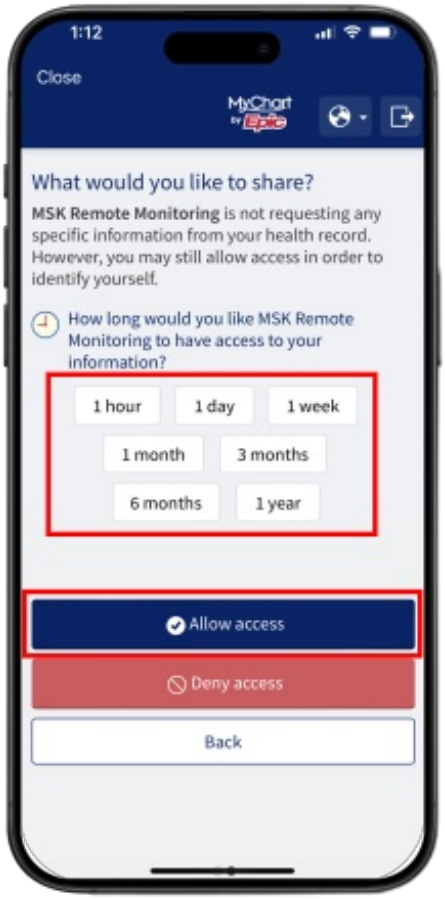


Figure 14. Allow access

4. At the bottom of the screen, select “Messages” (see Figure 15).

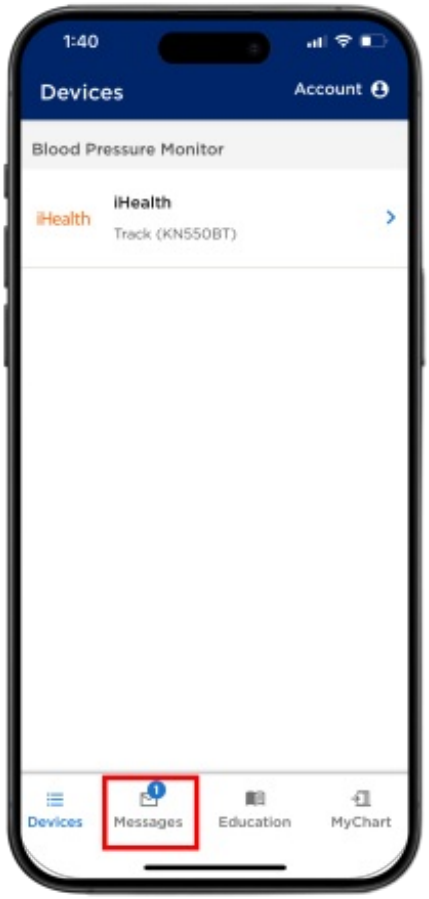


Figure 15. The menu at the bottom shows messages

5. Select the message “MSK Device Connection” (see Figure 16).



Figure 16. Select MSK Device Connection message

6. Select the link for iHealth account (Figure 17).

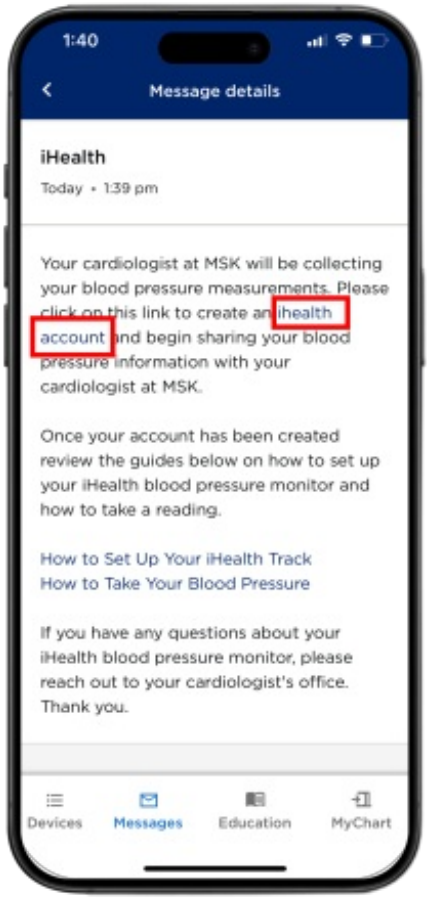


Figure 17. Click link in message

7. Log in to your account (see Figure 18). Check all the boxes if not already checked and select “Link” to connect (see Figure 19). This will allow your blood pressure measurements to be sent to your MSK care team.

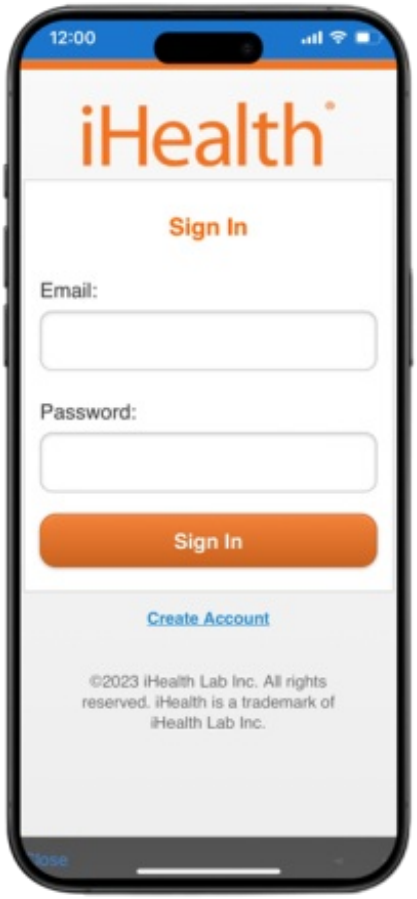


Figure 18. iHealth sign in screen

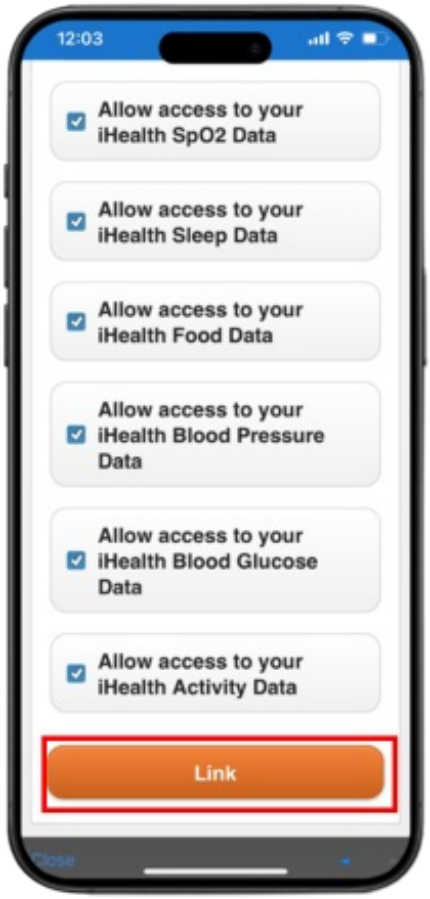


Figure 19. Chek all the boxes to link

8. You will be brought back to the MSK Remote Monitoring app Devices screen. Your iHealth account is now connected to MSK Remote Monitoring. (see Figure 20).

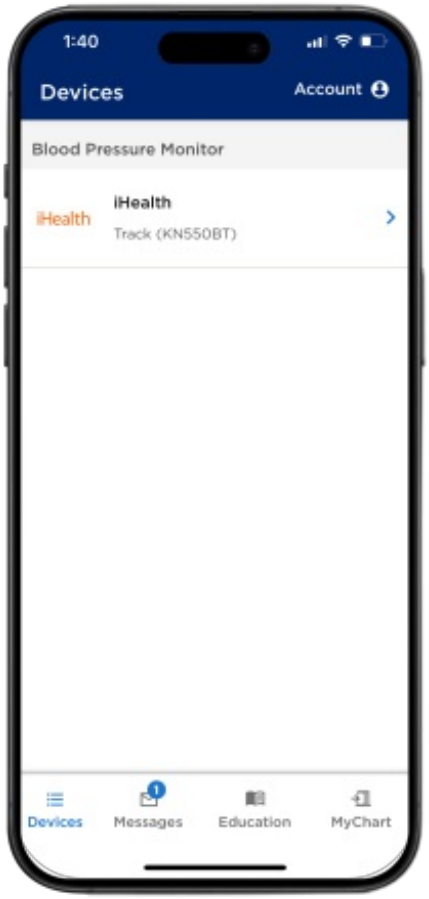


Figure 20. iHealth connected to MSK Remote Monitoring app

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

How To Install the iHealth Track - Last updated on January 30, 2025
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