



PATIENT & CAREGIVER EDUCATION

How To Install the iHealth Track

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

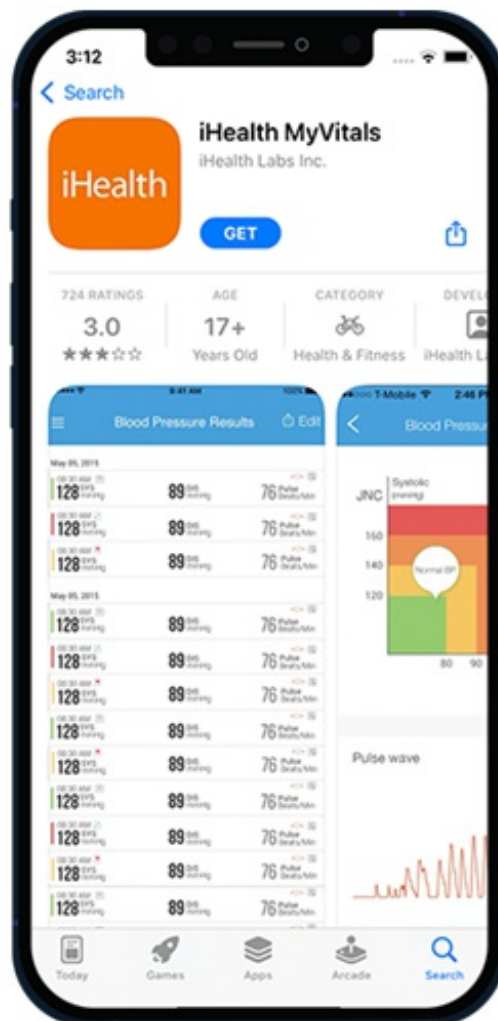


Figure 1. The iOS App Store

2. Select “OK” (see Figure 2).



Figure 2. Select “OK”

3. Select your preference for sharing iHealth data with Apple Health by choosing “Don’t Allow” or “Allow” (see Figure 3). MSK will not be collecting data from Apple Health for this program.

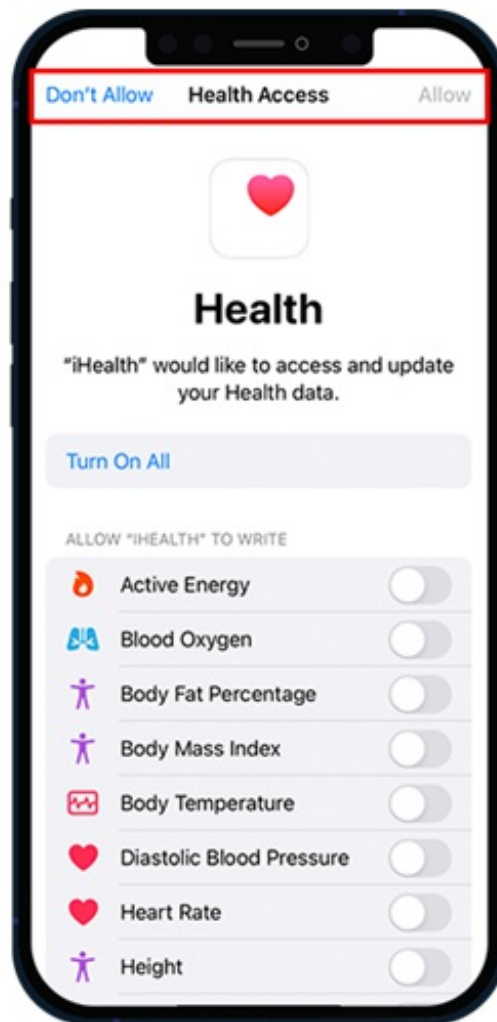


Figure 3. Select your sharing preferences

4. Select “Set Up My Devices” (see Figure 4).

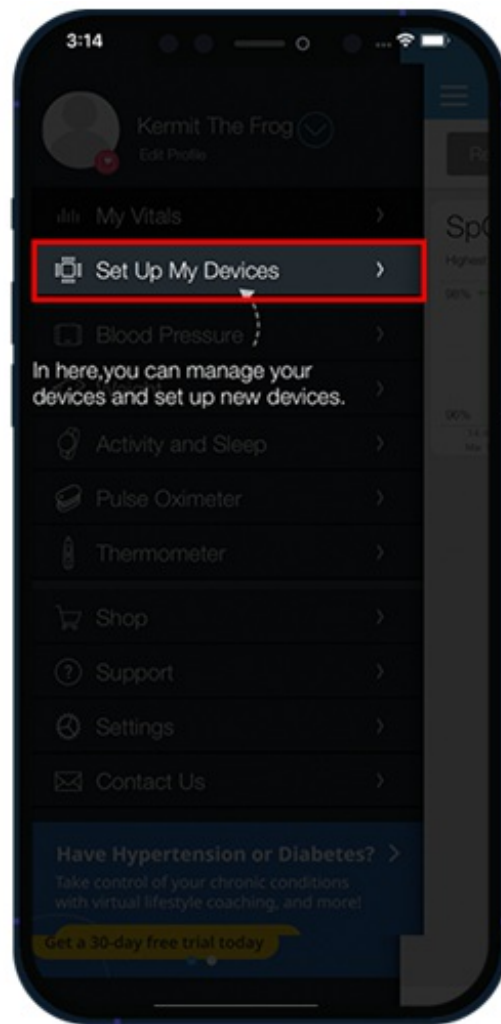


Figure 4. Select “Set Up My Devices”

5. Click “Select New Device” (see Figure 5).

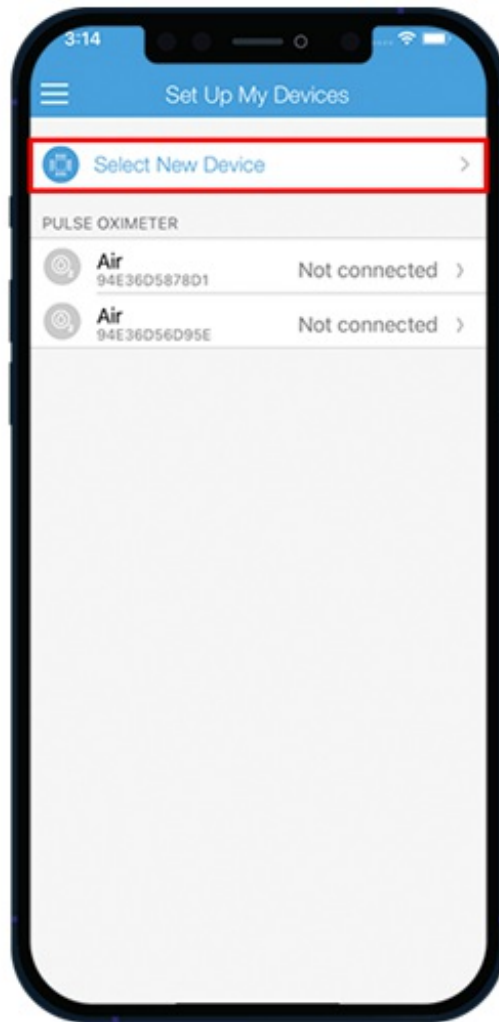


Figure 5. Click “Select New Device”

6. Select “Blood Pressure Monitors” (see Figure 6).

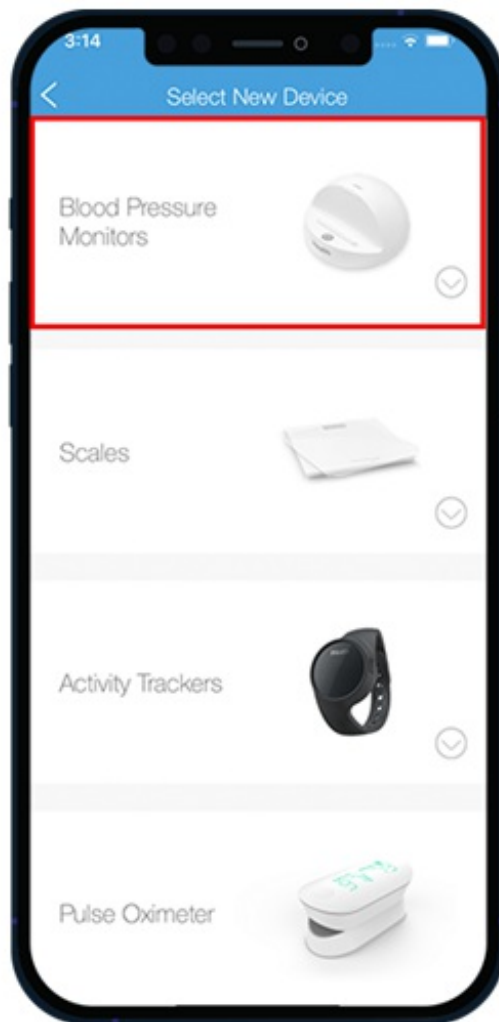


Figure 6. Select “Blood Pressure Monitors”

7. Select “Track” (see Figure 7).

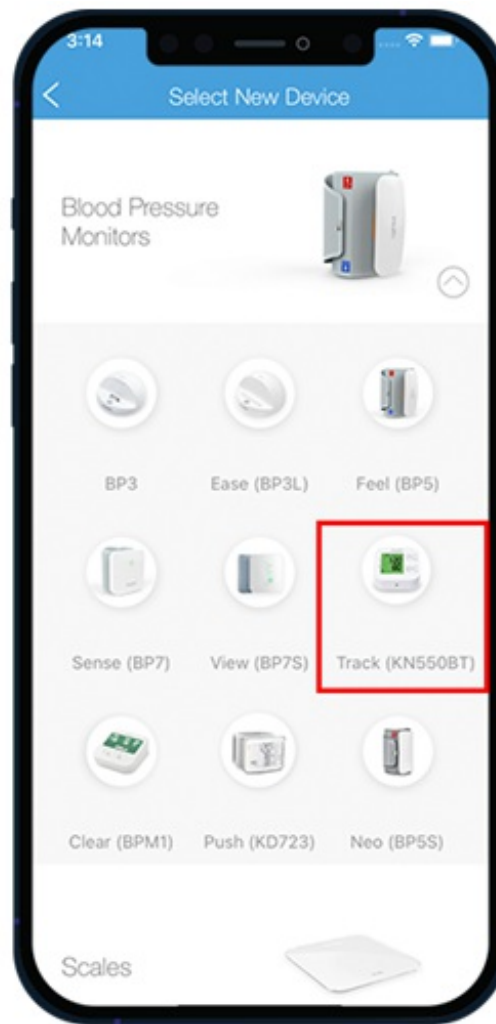


Figure 7. Select “Track”

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



Figure 8. Select “Next”

9. Select your Track model when it appears on the screen (see Figure 9).

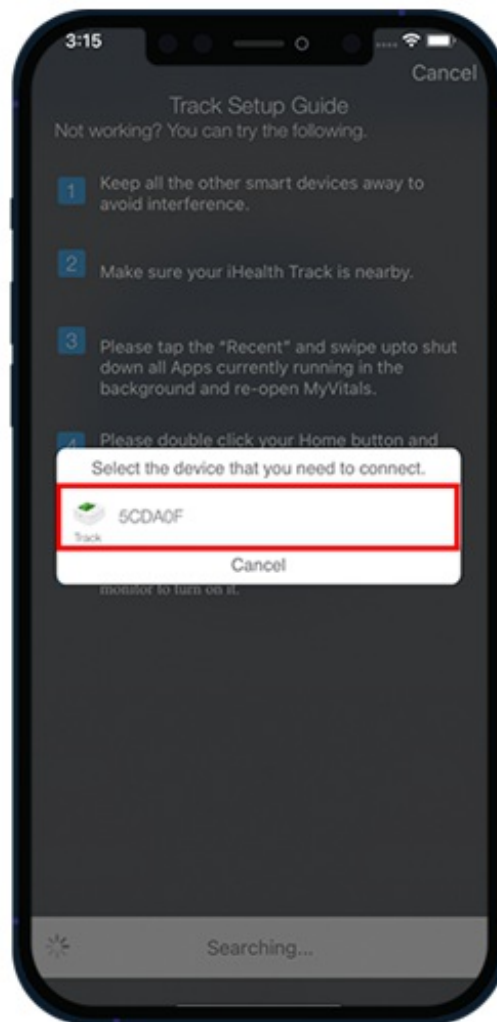


Figure 9. Select your Track model

0. The blood pressure machine and app will begin to pair (see Figure 10).

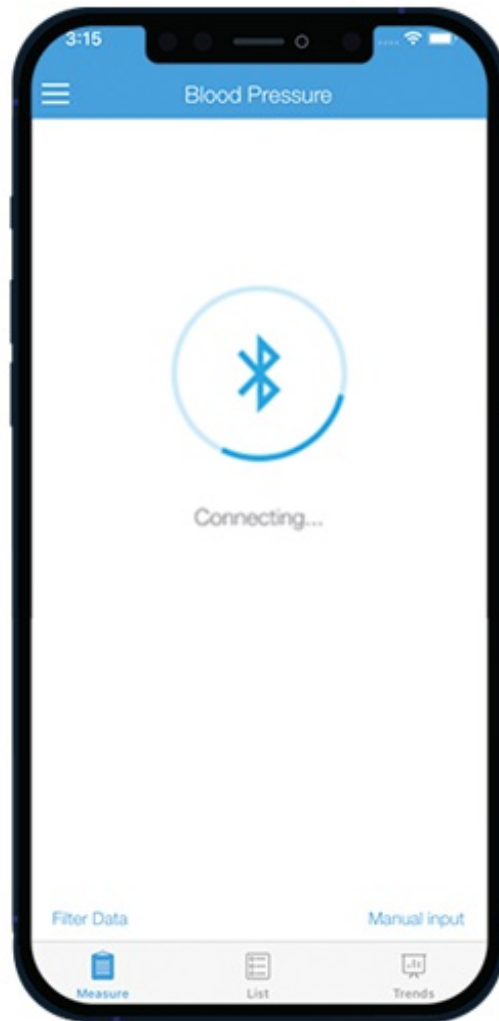


Figure 10. Device is pairing

1. The device has successfully been paired when the “SYNC” button appears on the screen (see Figure 11).

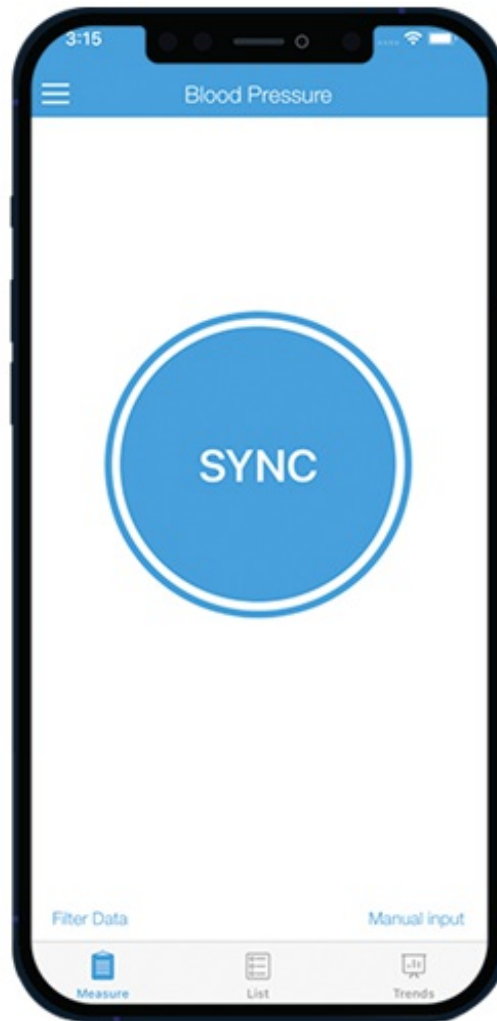


Figure 11. Device successfully synced

Connecting Your Account to MyMSK

1. Open the MyMSK mobile app and log in (Figure 12).

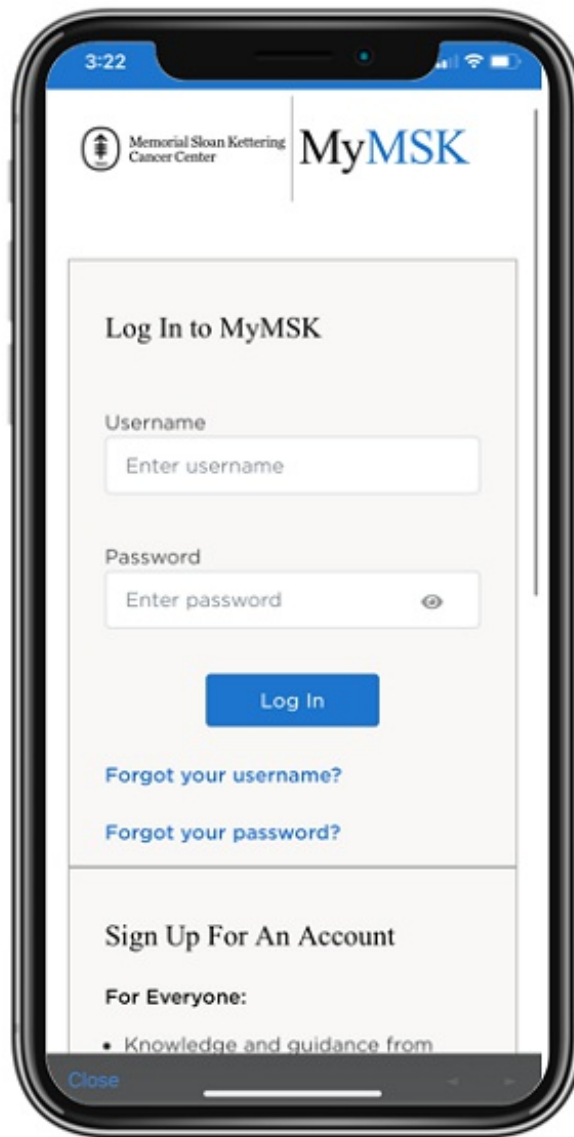


Figure 12. MyMSK mobile app Log in screen

2. Read the emergency notification. Press the “x” at the top right to close the screen (see Figure 13).

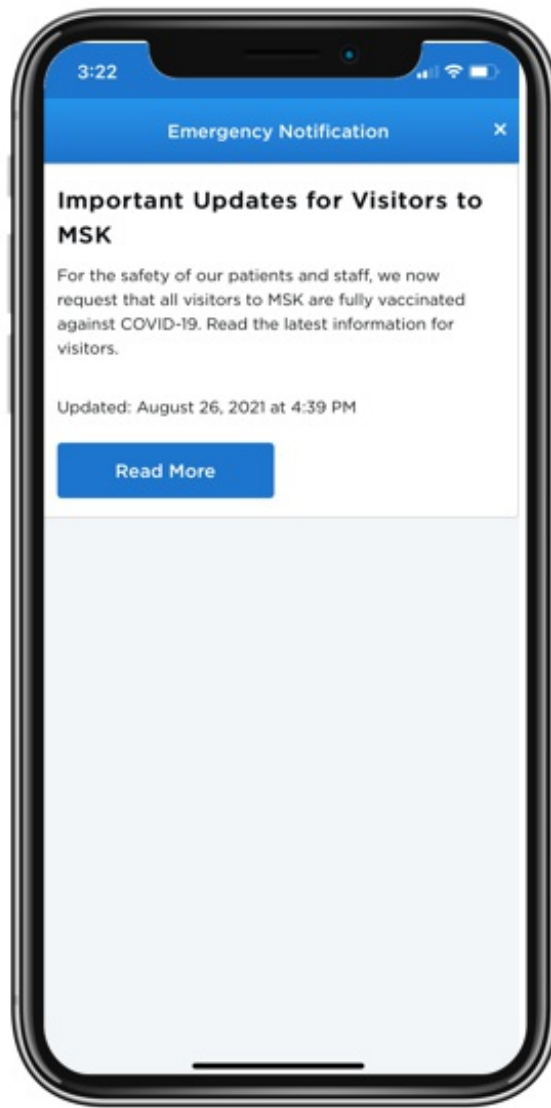


Figure 13. The emergency notification screen

3. At the bottom of the screen, select “Messages” (see Figure 14).

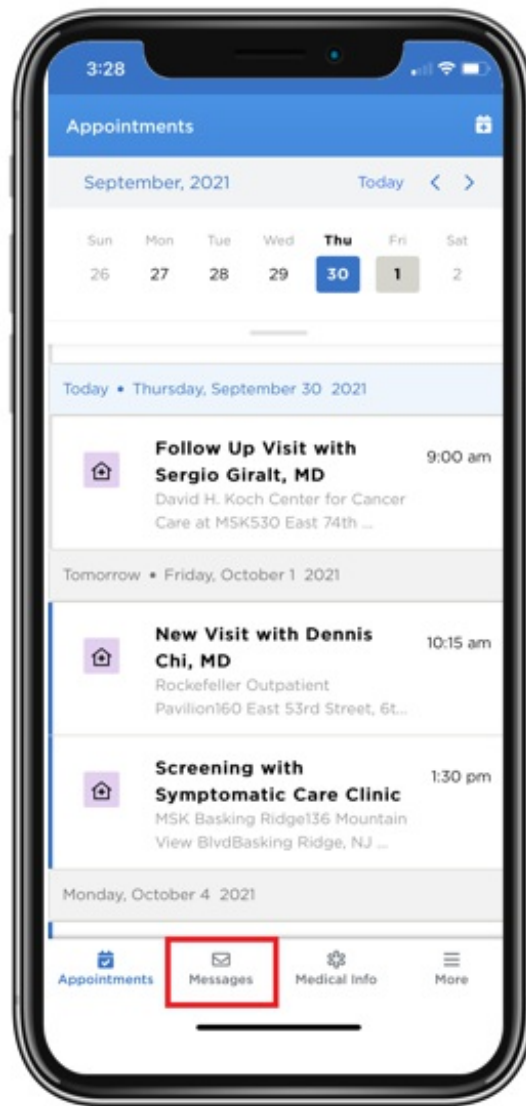


Figure 14. The menu at the bottom shows Messages

4. Select the message “MSK Device Connection” (see Figure 15).

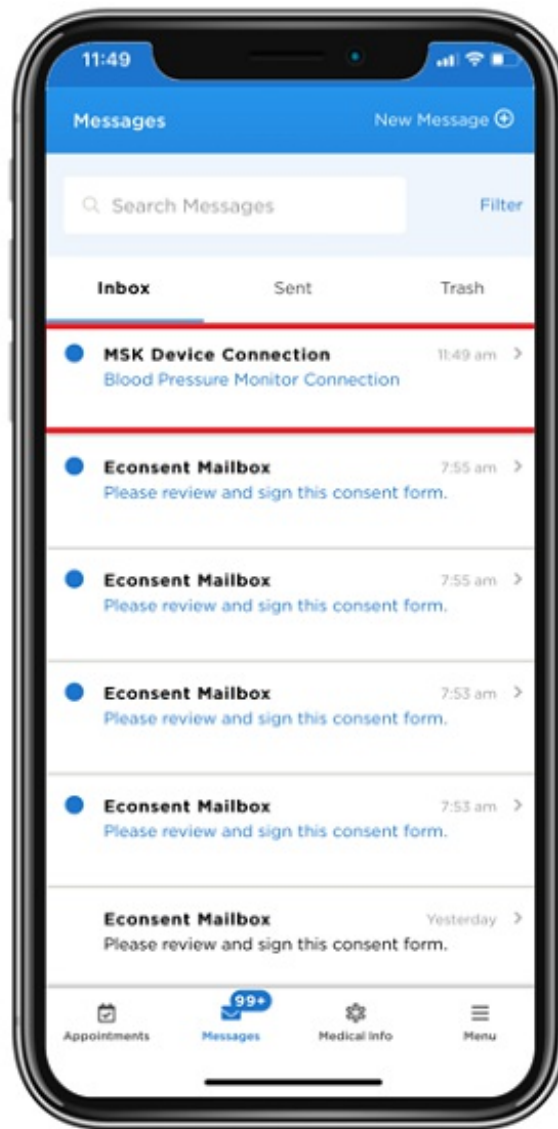


Figure 15. The device connection screen

5. Select the link for iHealth account (Figure 16).

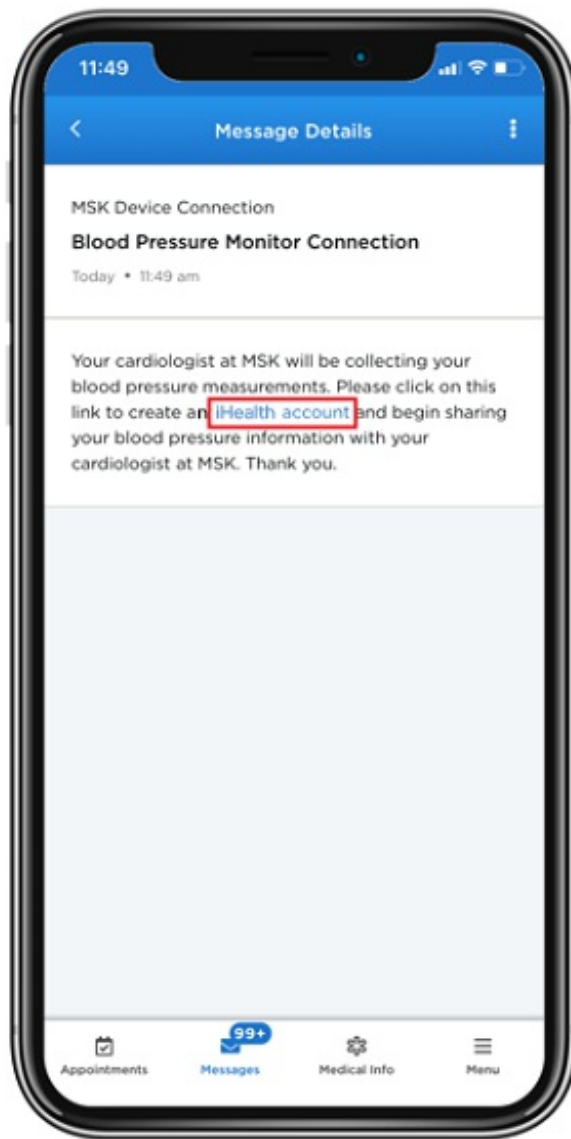


Figure 16. Screen with link

6. Log in to your account (see Figure 17). Select “Allow this app” to connect to Validic (see Figure 18). Your blood pressure measurements will be sent to your MSK care team through Validic.

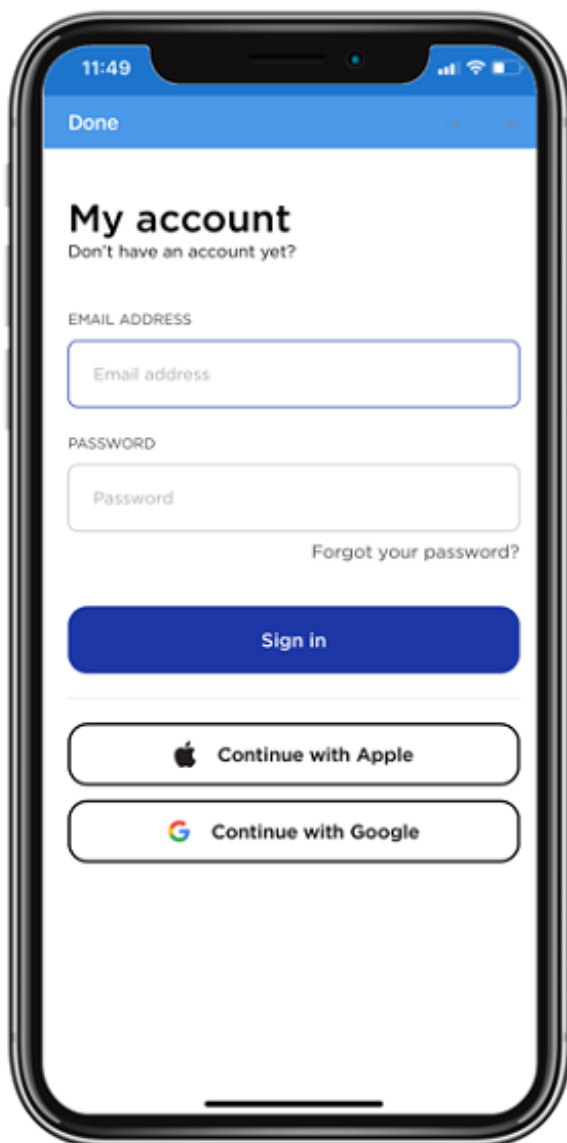


Figure 17.
The login screen for Validic

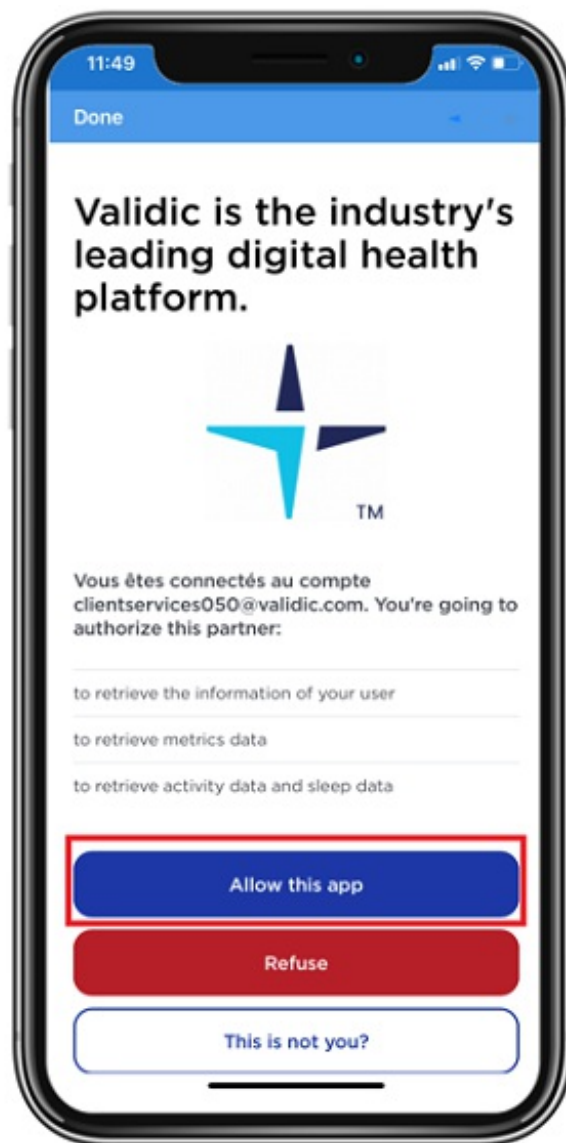


Figure 18.
The permission screen for Validic

7. The accounts will connect. Then select “Done” at the top left corner of the screen (see Figure 19). Your iHealth account is now connected to MyMSK.

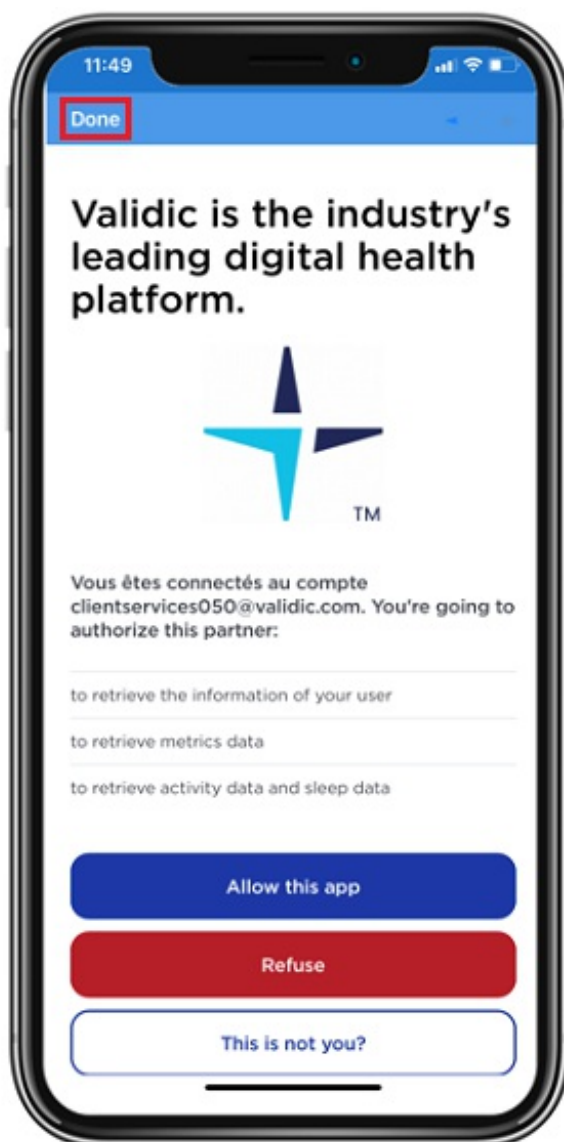


Figure 19. The final screen for connecting your accounts

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.

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