



PATIENT & CAREGIVER EDUCATION

How To Take Your Blood Pressure Using the iHealth Track

How to take your blood pressure using the iHealth Track

1. Open the iHealth MyVitals app on your phone or tablet.
2. Place the iHealth Track blood pressure cuff on your arm.
3. Press the “Start” button on your blood pressure machine.
4. Once the measurement has been taken it will appear in the iHealth MyVitals app.
5. If you do not see the reading after a few minutes, press the “SYNC” button in the app to transmit the readings (see Figure 7).

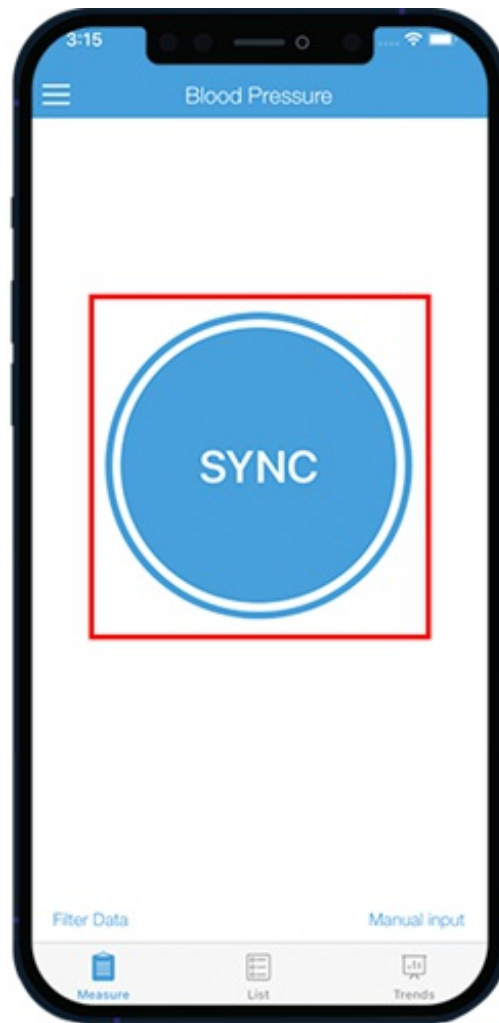


Figure 7. Transmit readings

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

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

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