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## 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).

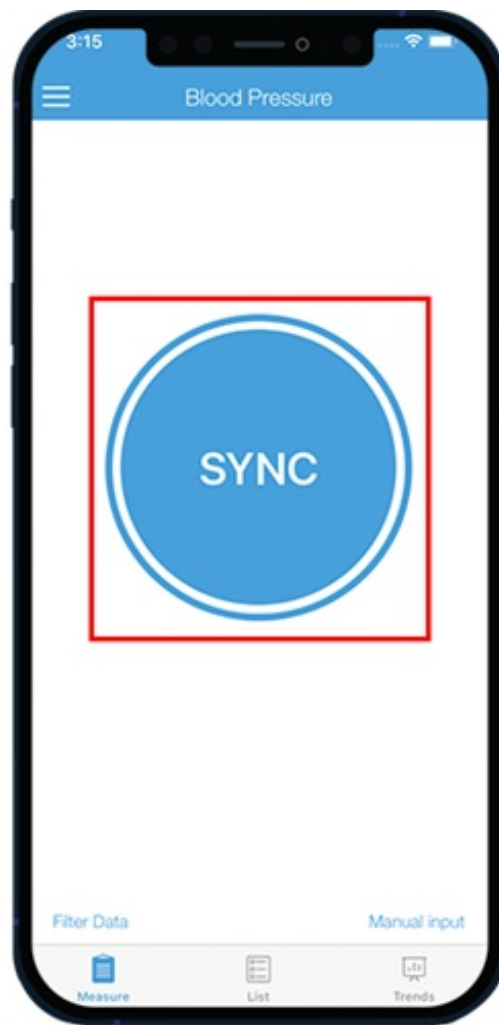


Figure 7. Transmit readings

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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](http://www.mskcc.org/pe) to search our virtual library.

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