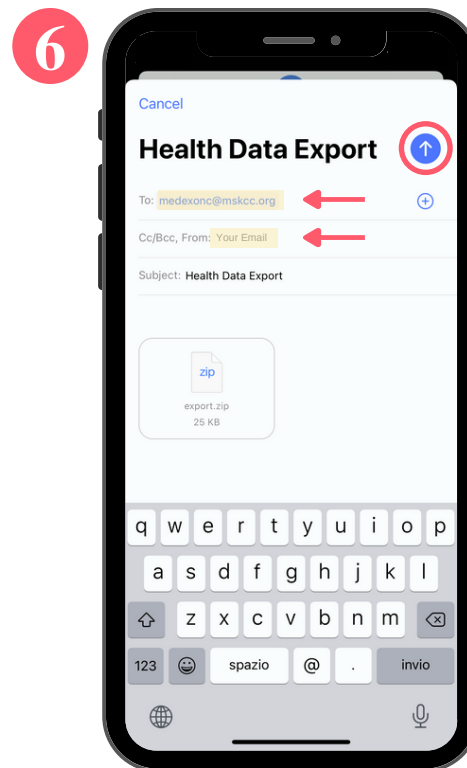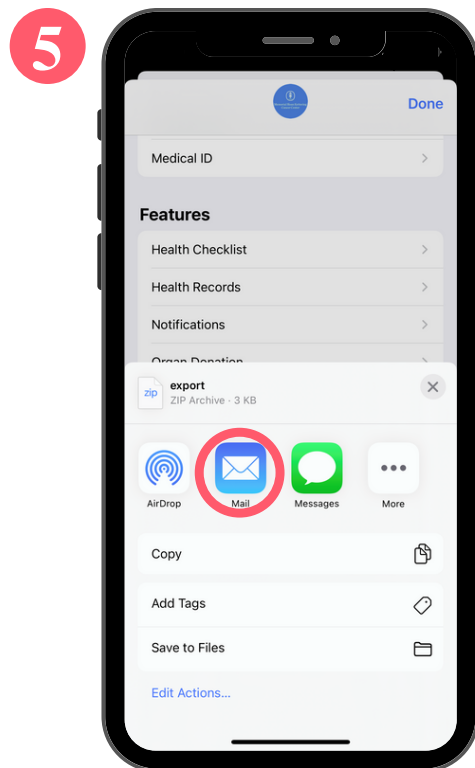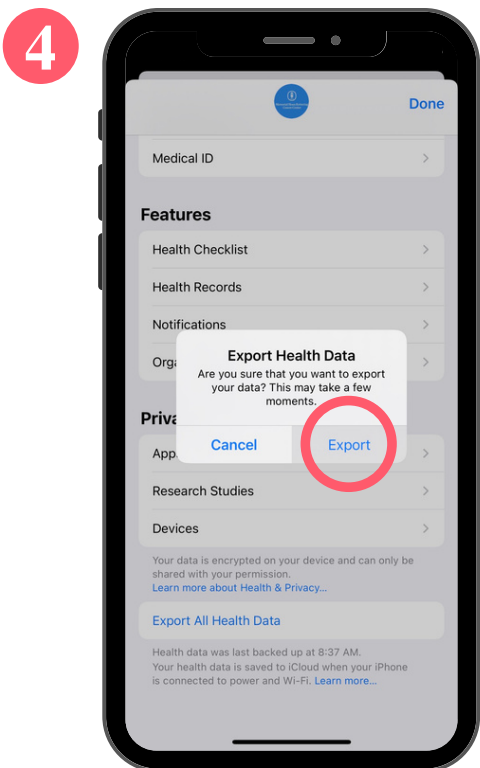# Exporting Apple Health Data

1) Open the 'Health' app on your iPhone

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

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

4) Confirm export

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

6) Email data to **medexonc@mskcc.org**