

What is Share My Health Data?

Share My Health Data is a free mobile app developed by VA that allows you to collect and view measurements from your health tracking devices, all in one place. With Share My Health Data, you can monitor all the health measurements you collect and view your progress over time.

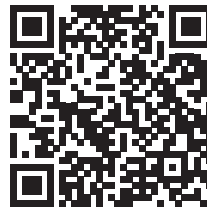
The health information you share can help your VA care team know how you're doing between visits and may help them make more informed decisions about your care.

*NOTE: To use Share My Health Data, you must be enrolled in VA health care and use secure login credentials.
To learn more, visit

mobile.va.gov/login-information

Get Started Today!

*Learn more about
Share My Health Data:
**[mobile.va.gov/app/
share-my-health-data](https://mobile.va.gov/app/share-my-health-data)***



Share My Health Data

An app that lets you view measurements from your health tracking devices, all in one place.



VA



U.S. Department
of Veterans Affairs

VA Mobile

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Simplify Your Health Tracking with Share My Health Data

The Share My Health Data app makes monitoring your health easier. It lets you view the measurements you collect from your health tracking devices, all in one place. Connect fitness devices such as a Fitbit, Garmin, or Apple Watch, or pair Bluetooth devices like weight scales, glucose meters, and blood pressure monitors. You can also connect health data from apps such as Apple Health and Google Fit.

Examples of health data you may choose to track:

- Blood pressure
- Blood glucose
- Heart rate
- Number of steps taken
- Weight changes

With Share My Health Data You Can:



See a Daily Dashboard of your health data as a grid or list view.



Add or remove health measurements on your Daily Dashboard.



Track health measurements to see trends over time.



View the high, low, and average readings of a selected health measurement over a specific time period.



Share data with your VA care team.*

*NOTE: Your VA care team will not be automatically notified when you share your data through the app. Let your care team know at your next appointment or through a My Health eVet Secure Message if you would like them to review your health data.

How to Get Started with Share My Health Data

Go to the Share My Health Data page on the VA App Store website:

mobile.va.gov/app/share-my-health-data

Links to download the app from the Apple App Store or Google Play are available at the top of the page.

View additional resources, such as an At A Glance, Slideshow, and FAQs, for instructions on logging in, connecting your health devices, setting up your Daily Dashboard, and more.

Need Help?

For more information about specific app features, tap the information icon anywhere it appears in the app.

Dial the VA Mobile Help Desk at 1-877-470-5947 to speak with a VA representative. For questions about your health, please contact your VA care team.