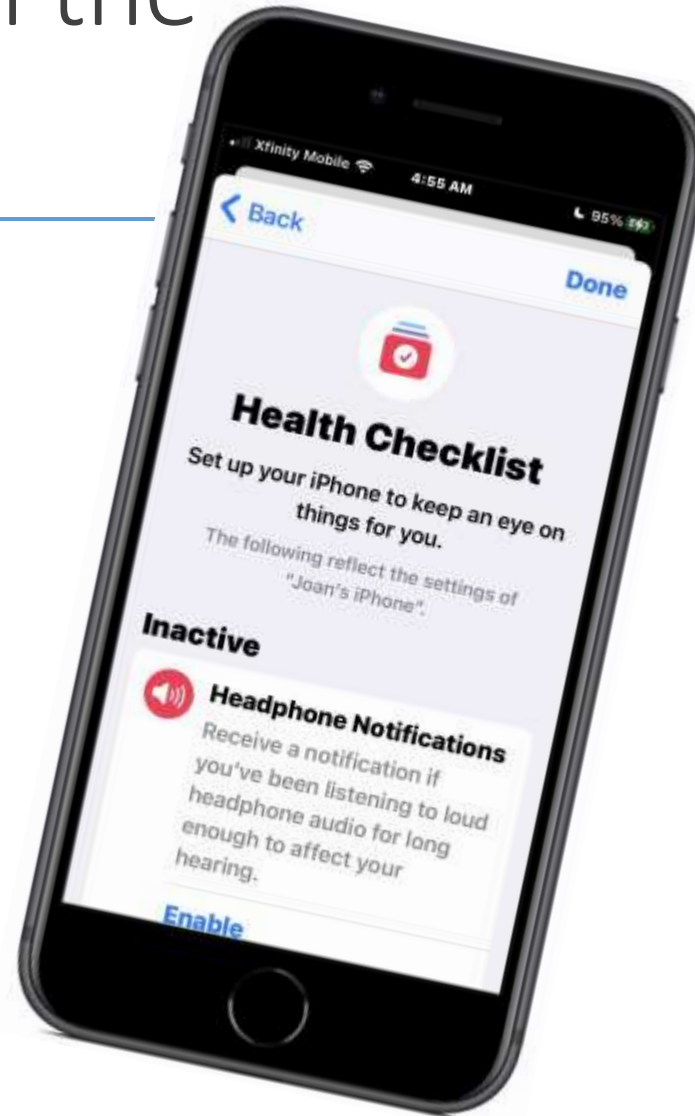


Getting More from the Health App

Senior Tech Tuesday

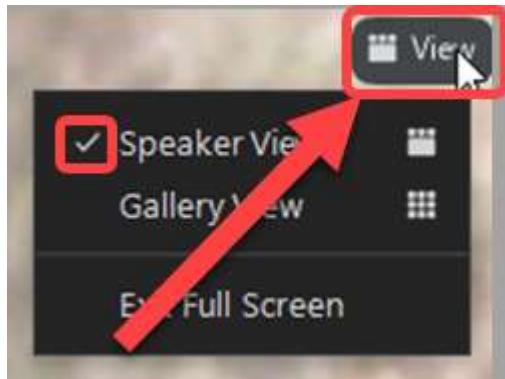
April 20, 2021 10 AM CDT



Zoom Setup – GO Big!!

Use Speaker/Active Speaker View

Computer
or laptop



iPad





FREE Senior Tech Tuesdays Online Training Health, Fitness & Safety Series

Senior Tech Tuesday #22
(STT21) – Get More from
your iPhone Health App
April 20, 2021

Don Frederiksen
don@SeniorTechClub.com



Our Learning Tools

- Sharing Ideas
- Your Questions
 - “Hey Don” or Chat
 - Email: don@SeniorTechClub.com
- Online Class Page at:
[Links.SeniorTechClub.com/STT22](https://links.SeniorTechClub.com/STT22)
- Tuesdays Page for Future Topics
[Links.SeniorTechClub.com/tuesdays](https://links.SeniorTechClub.com/tuesdays)





FREE Senior Tech Tuesdays Online Training Health, Fitness & Safety Series

Health App - A Tool in your Health Toolbox



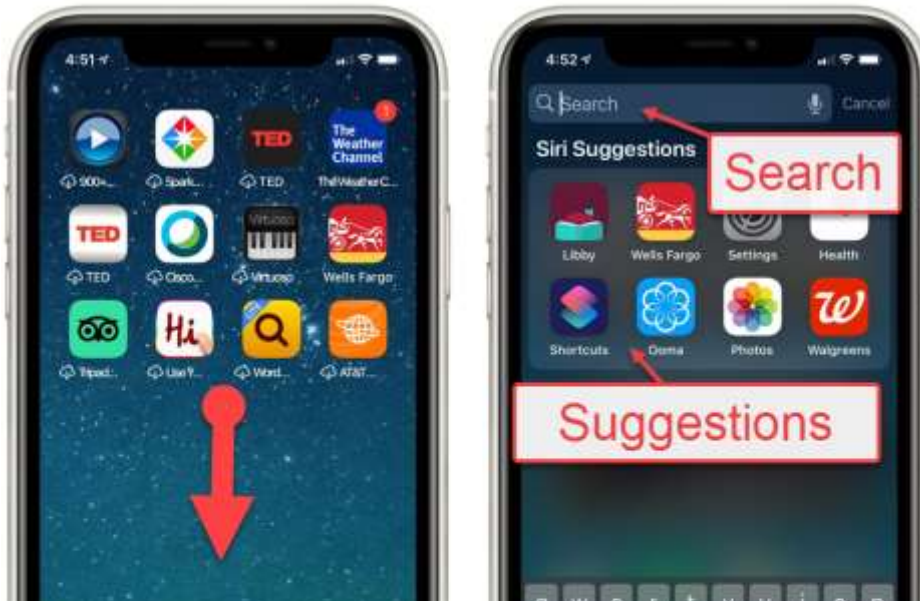
Online: links.SeniorTechClub.com/STT22

Making the Most of the Health App

- ☑ Spotlight Search – Find that missing app
- ☑ What is the Health App
- ☑ It's Personal & Private
- ☑ How to Use the Health App
 - ☑ Summary “Dashboard”
 - ☑ Browse & Get Data
 - ☑ Health Information



Use iPhone Spotlight Search to Find Apps



Swipe down from the middle (blank part) of the Home screen to access Spotlight Search

Use the Search Bar to search for apps and information

What is the Health App?

Built-in App on your iPhone

Create your Medical ID

- Important information and contacts for emergency responder

Activity Tracking

- Accelerometer – tracks the movement of your device
- Track steps, stairs & distance

Personal Health Data

- Personal Logs
- Gathers data from apps or devices

Health Records from your Health Providers



It's Private

Apple Prioritizes your Privacy

Health Data is encrypted end to end.

- Back up with iCloud
- iCloud two-factor authentication
- No one else can access the data

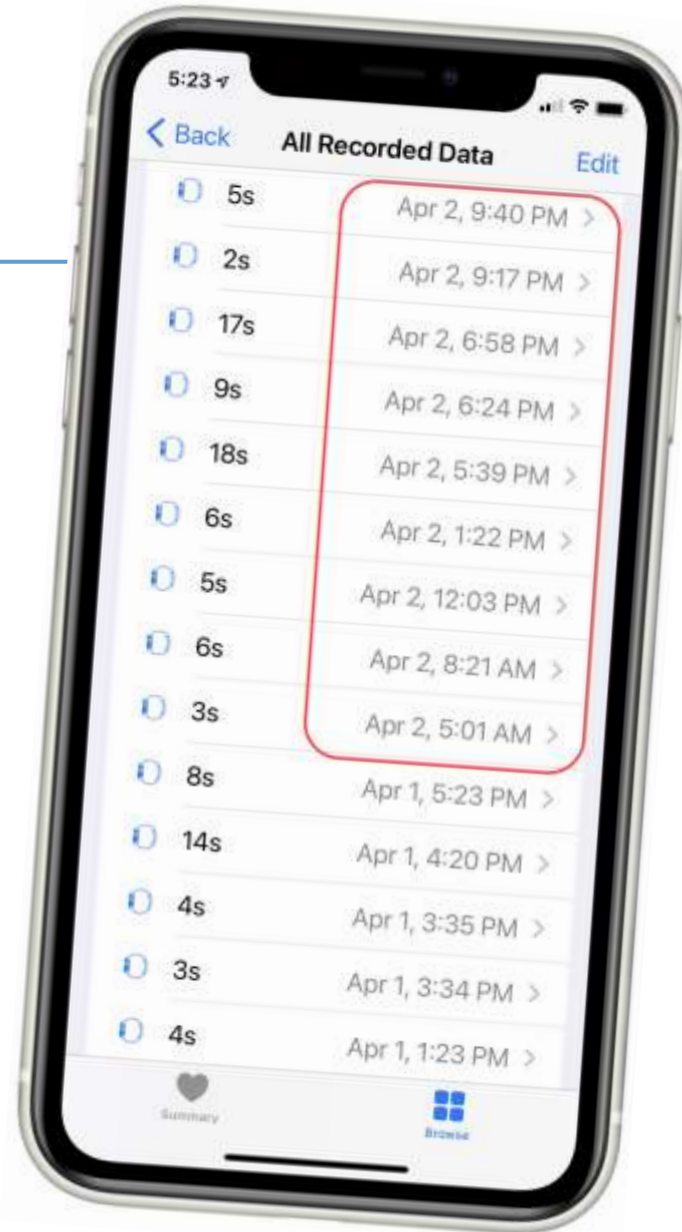
Sharing Data with Third Party apps

- You decide and control what accesses your data
- Profile, Privacy



It's Personal

On April 2,
I washed
my hands
9 times



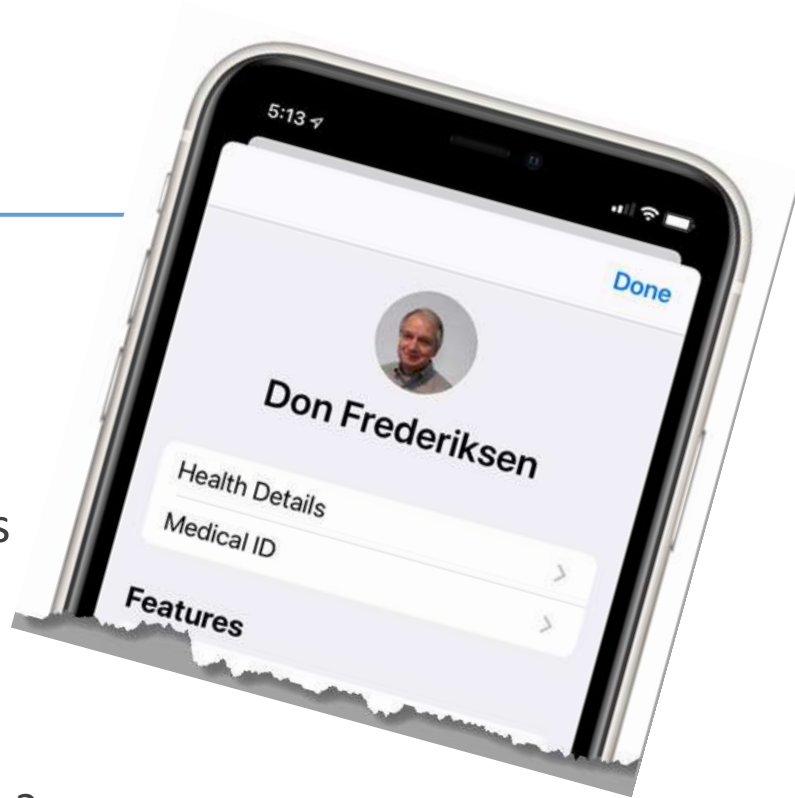
It's Personal

How you use the Health app is very personal.

Fitness – keep progress and activity logs is frequently recommended

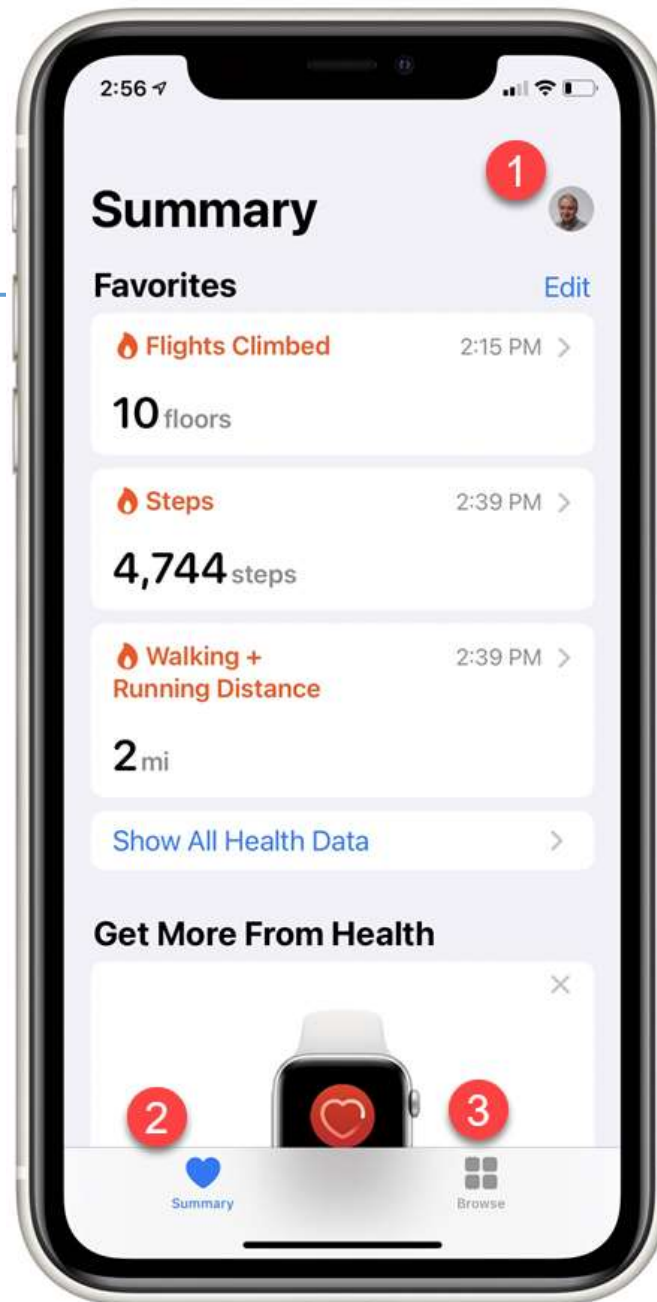
Logging Benefits

- Reminder
- Success Log – Are you Tracking your success?
- Accountability
- Tools for Analysis



Navigation

1. Profile (Picture or Initials)
 - Health Details
 - Medical ID
2. Summary
 - Dashboard with favorites
3. Browse
 - What data is available



Profile

Tap your Photo or Initials

Access:

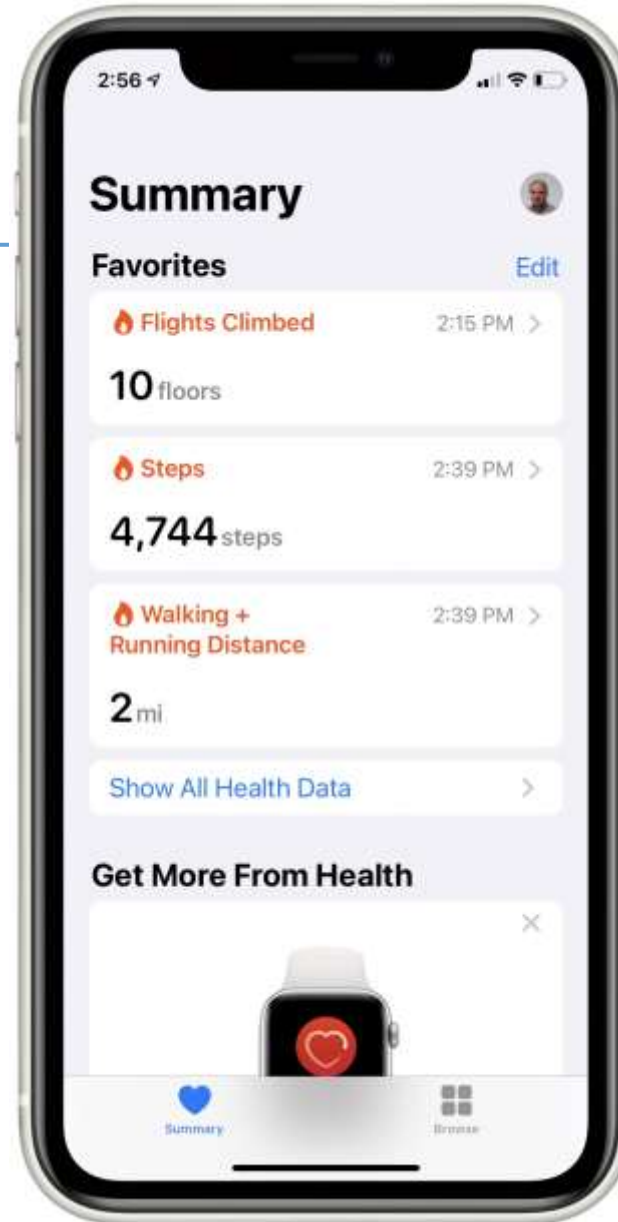
- Health Details:
 - Birthdate, Gender, Blood Type
- Medical ID
 - Info for First Responders
- Features
 - Organ Donation
- Privacy
 - Apps & Research Studies



Summary

View YOUR most important Health Data on your “Dashboard”

What is Important to You?

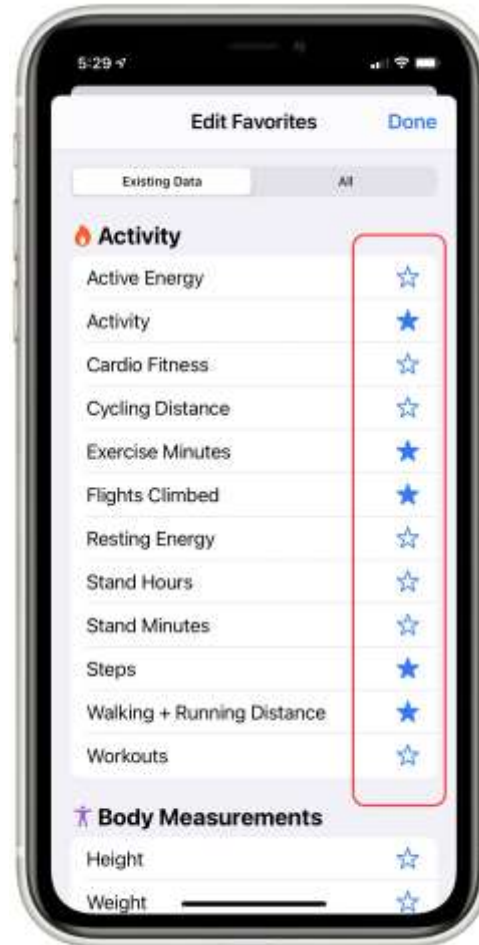


Edit your Summary Screen

Tap **Edit**

Tap the Star next to your Favorites

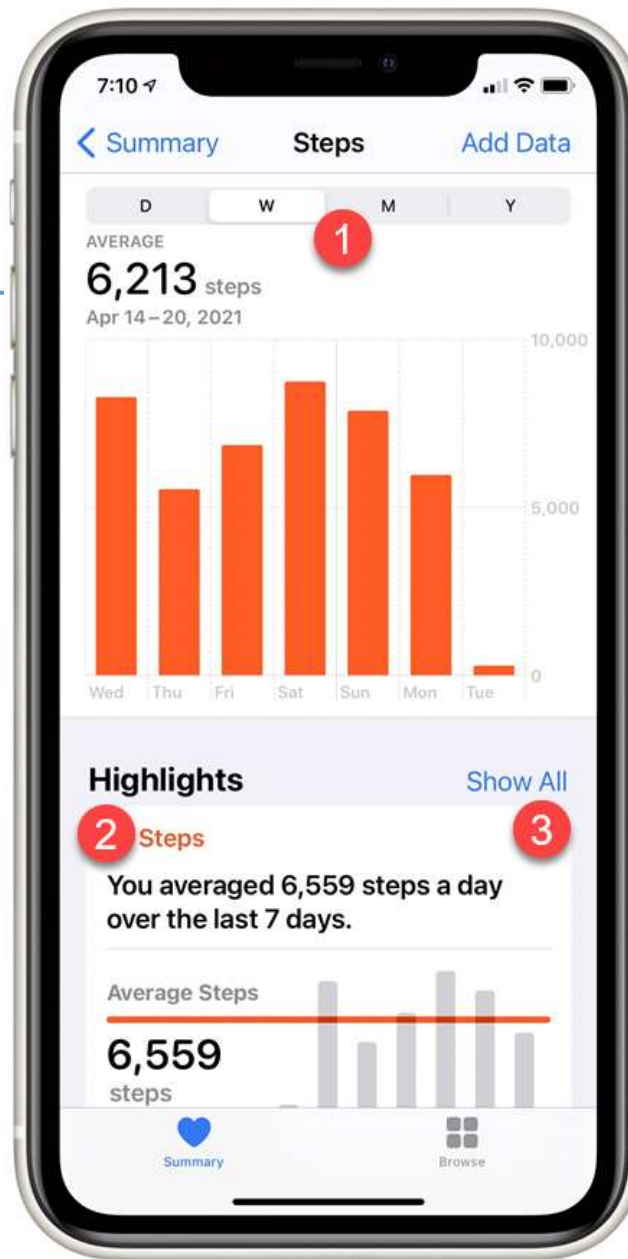
View that Data Under Favorites



Get Data Details

Tap Summary Data Item

1. Choose **D, W, M Y**
2. Browse Highlights
3. Tap **Show All**



Seeing All Available Data with Browse

Provides insight into the data that can be logged

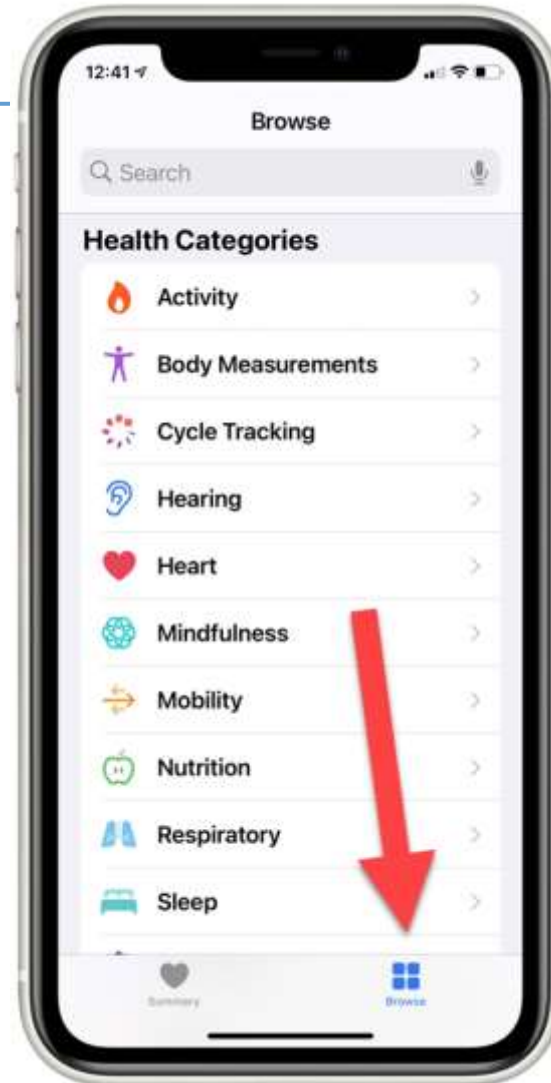
Tap the **Browse** icon

Use Search

- Try “Hot Flashes”

Tap a category to browse the data.

- e.g. tap **Other Data, Toothbrushing**



How to Get Data for the Health App

1. Native Data – Activity Tracking
2. Manually Add Data
3. Use Connectable Devices
4. Use third party apps

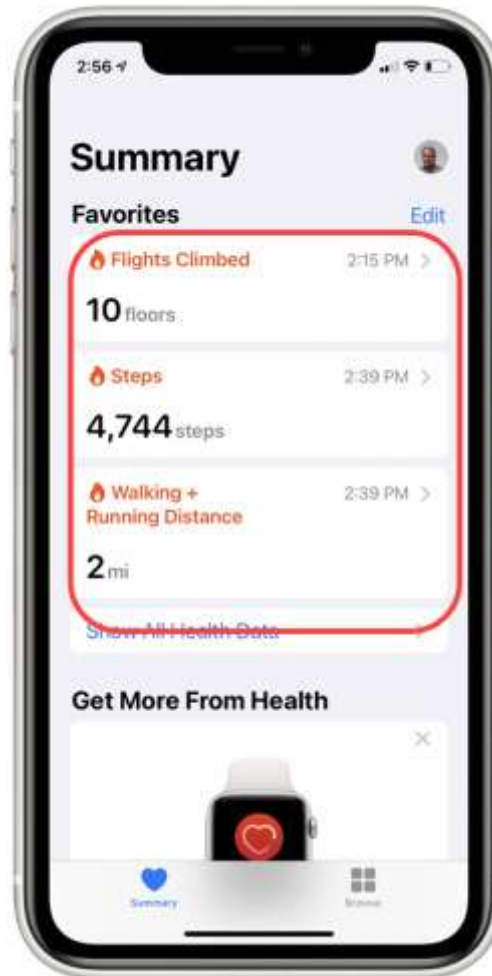


Native Data – Activity Tracking

Great starting place!

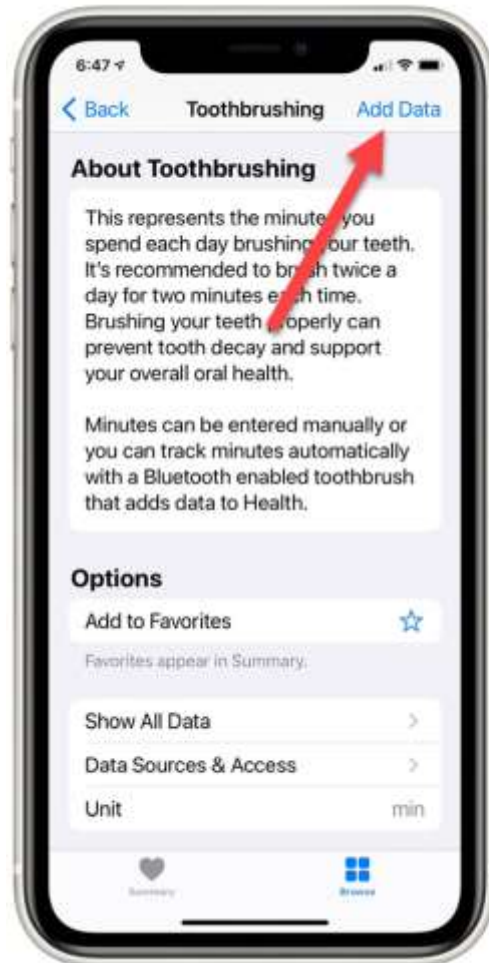
iPhone's
Accelerometer

Measures movement
and distance



Toothbrushing – How to Get Data

Manually with **Add Data**



Toothbrushing – How to Get Data

Use a Connectable Device

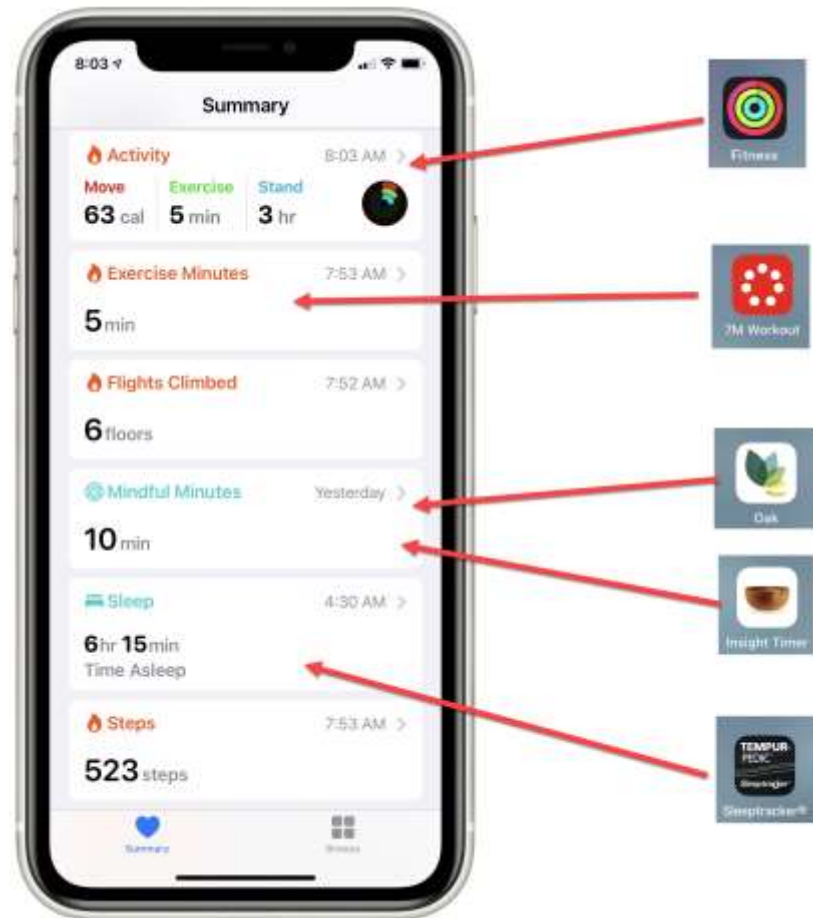
- Toothbrushes
- Weight Scales
- Fitness tracker



How to Get Data – Third Party App

Use an App

- Meditation apps
- Fitness apps
- Sleep apps

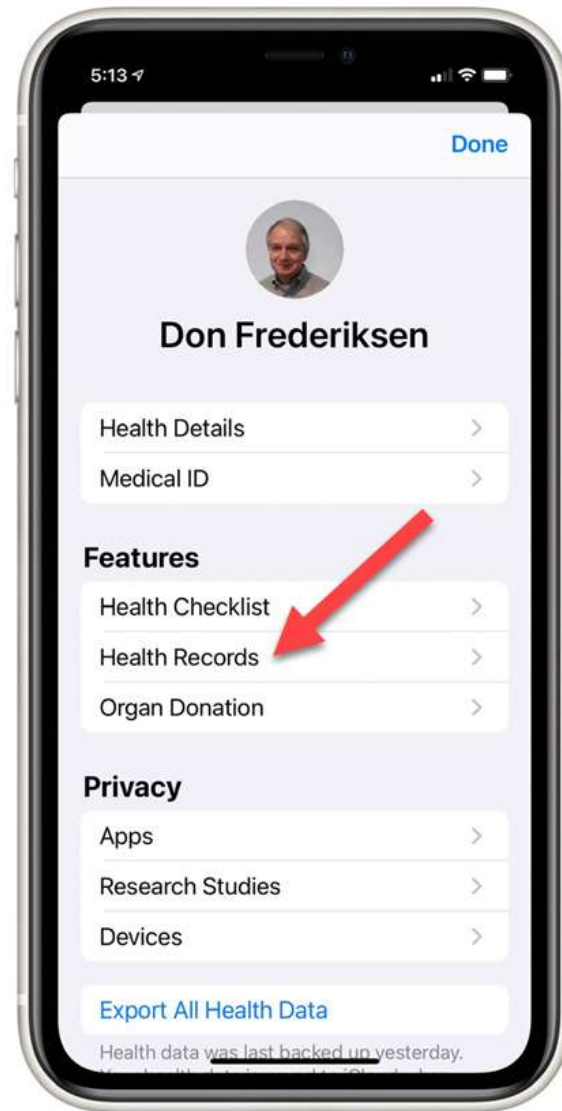


Health Records

You can download Health Records from many health providers for easy access and reference in the Health app

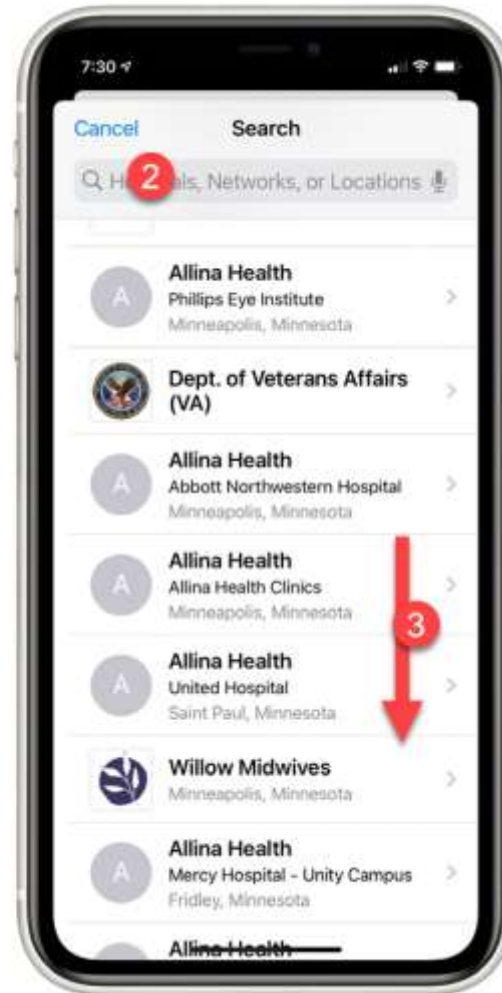
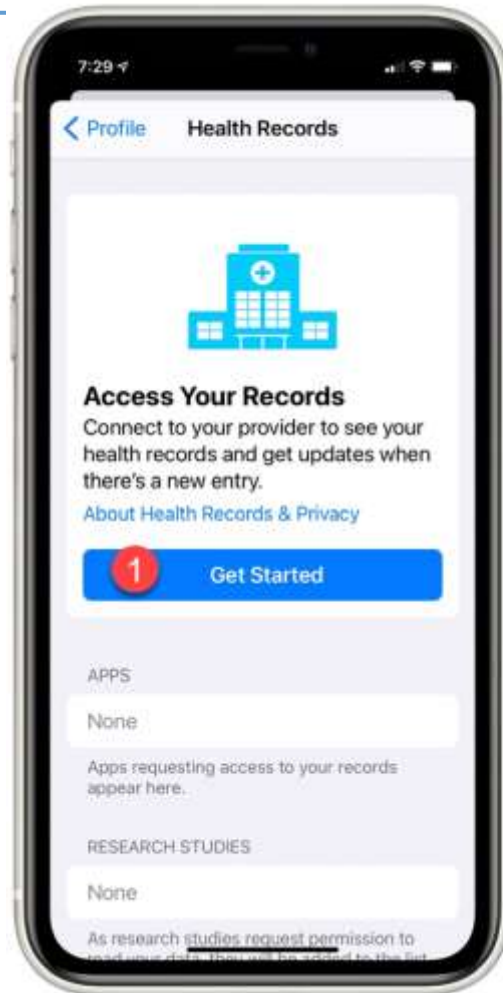
Tap Photo/Profile

Tap Health Records



Health Records

1. Get Started
2. Search
3. Browse





Follow-up Questions?
don@SeniorTechClub.com

More Information & Download
links.SeniorTechClub.com/Tuesdays



Next Online Sessions

April 27 – 10 AM

Topic: Sleep Support

Future Session Information

links.SeniorTechClub.com/Tuesdays



Thank You!

Stay Well

Watch your Distance

Wash Your Hands

Get Vaccinated

Keep Learning