

# Technical Setup: Apple Healthkit Device

iOS users are able to use the Apple Health app and MyChart app to submit data to the Digital Medicine Team. This new option for submitting blood pressure readings has been found to be more reliable than the direct integration between your MyOchsner and Withings Accounts.

Follow the steps below to set up your Withings blood pressure cuff to submit data through Apple Health and the MyChart apps.

## Complete Final Questionnaire

The steps below are only required if you are setting up your cuff to send blood pressure readings for the first time.

1. **Log into MyOchsner** ([www.MyOchsner.org](http://www.MyOchsner.org))
2. **Select My Medical Record, then select Questionnaires**
3. **Complete the final questionnaire, called “Let us know when you have your BP cuff (COMPLETE LAST)”**
4. **Log out of the MyOchsner website.**

## iPhone Setup

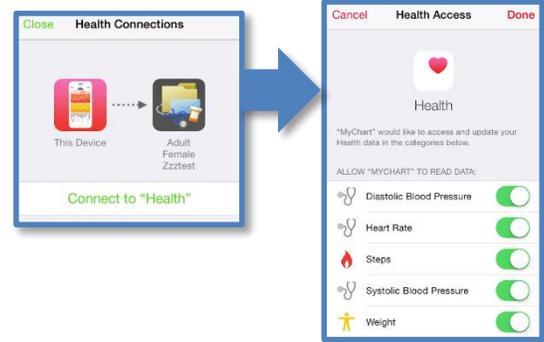
5. If necessary, **update your iPhone** to iOS software version 8.2 or later (go to Settings > General > Software Update).

## MyChart App Setup

6. **Download the MyChart App** from the Apple App Store on your iOS device.
7. Once finished downloading, **open the MyChart app**
8. **Search and select Ochsner** as your Healthcare Provider
9. **Log in to the app** using your MyOchsner username and password.
10. Select **Track My Health** 
11. Add a new connection by selecting **Manage Connections**



12. Select **Connect to “Health”**
13. **Enable MyChart to read all available data** by turning on all sliders.

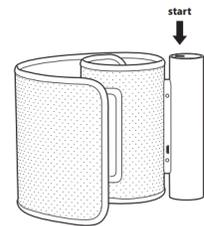


## Withings Healthmate App Set up

*If this is the first time setting up the Withings cuff proceed to step 14.*

*If your Withings cuff and Health Mate app are already set up, proceed to step 17.*

14. **Turn on the Withings cuff** by pressing the Start button
15. Connect to the cuff via Bluetooth on your iOS device.
  - Select Settings,
  - Select Bluetooth,
  - Enable Bluetooth by turning the slider on.
  - Select the Withings device from the list



16. You will be prompted to **Download the Withings Health Mate app** from the Apple App Store on your iOS device.
  - If not prompted, open the App Store and search for the Withings Health Mate app.



17. **Launch the Health Mate app** and follow the initial on screen instructions.

18. Once initial steps are completed, **open the settings screen** by selecting 

19. **Select Profile**

20. Enable the slider in the “Health” portion of the screen.



21. **Enable Withings to write all available data elements to Health.**

## Disable Withings Connection

The steps below are only required if you are transitioning from a configured Withings and MyOchsner connection to using Apple Health to transmit data to your pharmacist.

22. Log into MyOchsner (www.MyOchsner.org)

23. Select My Medical Record

24. Select Track My Health



25. Select Connect My Account



26. Unlink Withings account from Blood Pressure and Pulse elements by clicking Unlink.

