❤️ TechTalks: iPhone Health App (Apple)

Use your Apple device to improve your health

☐ **Medical ID & Health Details**
☐ Setup Emergency contacts & emergency access to medical ID from iPhone lockscreen
☐ **Setup Features - Health Checklist, Health Records, Notifications etc.**
☐ View list of <u>inactive</u> and <u>active</u> features in your Health Checklist ☐ Sync your official healthcare provider to the Health App ☐ Notifications (also controlled in Settings > Health > Notifications)
☐ **Privacy Controls - Take control of your health data**
☐ Choose which apps and devices have access to your health data ☐ iCloud backup (Settings > Apple ID > iCloud > Health (On/Off)) ☐ iCloud data security https://support.apple.com/en-us/HT202303
☐ **Setting up favorites in "Summary"**
☐ Choose what information (eg. steps, heart rate) you want to see on the Summary page
☐ **Choose who/what info to share in "Sharing"**   *Requires iOS device & iCloud
☐ Choose what health info to share with a trusted doctor, family member, or friend
☐ **View Health Categories / Records in "Browse"**
☐ View historical breakdown of past clinical vitals, lab results, immunizations and more

Helpful Extras

☐ **Comparing Apple Watch models:** 📄 Apple Watch Highlights
☐ **Sleep Tracking - Set up a Sleep Schedule on iPhone/Apple Watch**
https://www.macrumors.com/how-to/set-sleep-schedule-iphone-apple-watch/
☐ **California Digital Proof of Vaccination info**
Access here or type this link into your computer's web browser https://myvaccinerecord.cdph.ca.gov/