

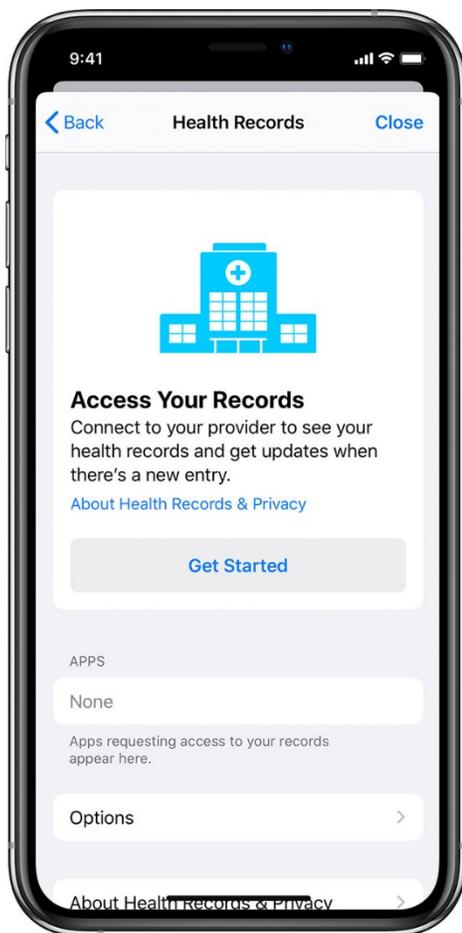
We are excited to announce a new option that allows patients to view their health information. In addition to the  **FollowMyHealth** App, you can now use the Apple Health app to view and combine your health records. Apple's Health app provides secure access and control over your healthcare data. The Health app allows you to connect multiple health records and have all your patient data in one system.

**** You must have a FollowMyHealth login to include your health information in the Apple Health app ****



View health records on your  iPhone

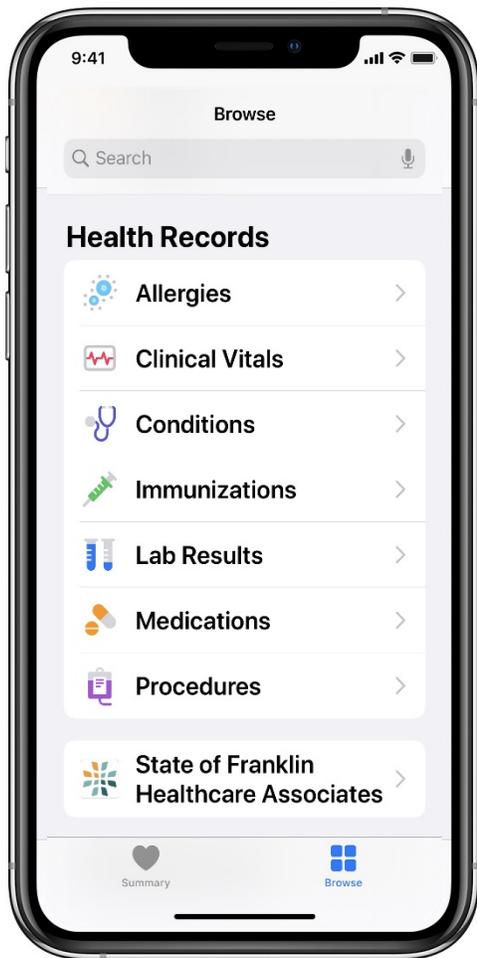
With the Health app, you can see all your health records — such as medications, immunizations, lab results, and more — in one place.



Add your health records

1. Open the Health app and tap the Summary tab.
2. Tap your profile picture  in the upper-right corner.
3. Under Accounts, tap Health Records, then tap Get Started. To add another provider, scroll down to Accounts, then tap Add Account.
4. Search for your hospital or network, then tap it.
5. Under Available To Connect, choose an option.
6. Use your FollowMyHealth username and password. You might be asked to save your password.
7. Wait for your records to update. It might take a minute for your information to appear.
8. Repeat these steps for each of your doctor's offices.

After you add an institution, the Health app automatically updates your health records periodically. If there's an issue with your health records, contact your provider.



View your health records

1. Open the Health app, then tap the Browse tab.
2. Under Health Records, tap a category.
3. Tap an item to see more information about it.

Add or Remove a health record

1. Open the Health app and tap the Summary tab.
2. Tap your profile picture  in the upper-right corner.
3. Under Accounts, tap Health Records.
4. To Add a health record: Tap Add Account
5. Select the Account to Add.
6. To Remove a health record: Tap the provider that you want to remove.
7. Tap Remove Account.
8. To confirm, tap Remove Account & Delete Data.

This also deletes the account and data from other devices where you're signed in to iCloud with the same Apple ID.



FAQs

- How does Apple Health app help me?
 - The new Health app consolidates data from your iPhone, Apple Watch, and third-party apps you already use, so you can view all your progress in one convenient place. See your long-term trends, or dive into the daily details for a wide range of health metrics.

- Is my information safe and protected?
 - **You are in charge of your data.**
 - The Health app lets you keep all your health and fitness information under your control and in one place on your device. You decide which information is placed in Health and which apps can access your data through the Health app. When your phone is locked with a passcode, Touch ID, or Face ID, all of your health and fitness data in the Health app — other than your Medical ID — is encrypted. Your health data stays up to date across all your devices automatically using iCloud, where it is encrypted while in transit and at rest. Apps that access HealthKit are required to have a privacy policy, so be sure to review these policies before providing apps with access to your health and fitness data.

- Will my information be separated by practice?
 - Apple aggregates data into common data resource categories, such as Allergies, Conditions, Immunizations, Lab Results, Medications, Procedures, etc... So all data is aggregated into their respective category. However, if you click on a data item, in the details you will see what physician practice the data came from.

- Who do I contact if I have questions?
 - For support with the Health app, you can search the Apple support website at <https://support.apple.com>.
 - For assistance getting connected through the FollowMyHealth App or questions about your health record information, you can contact your clinic for assistance at their main phone number or you can send an e-mail to portalsupport@sofha.net.

- Will I get alerts when there is an update to my record?
 - Yes, if you have Allow Notifications turn on under Settings – Notifications – Health.