

MyChart | *Track My Health*

Record and share information with your care team



What is Track My Health?

Track My Health in MyChart helps your doctor check on your health between visits. It collects your health information, like your blood pressure and heart rate, and sends it to your doctor. Track My Health lets you set reminders when it's time to check your health.

Getting Started:

- Log in to your **MyChart** account on a computer or a phone.
- If you do not have a MyChart account, visit **FredHutch.org/MyChart** to sign up and learn more.

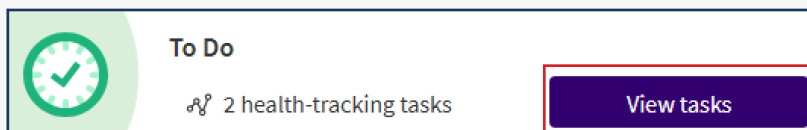


Scan this code or visit **FredHutch.org/MyChart** to learn more about MyChart.

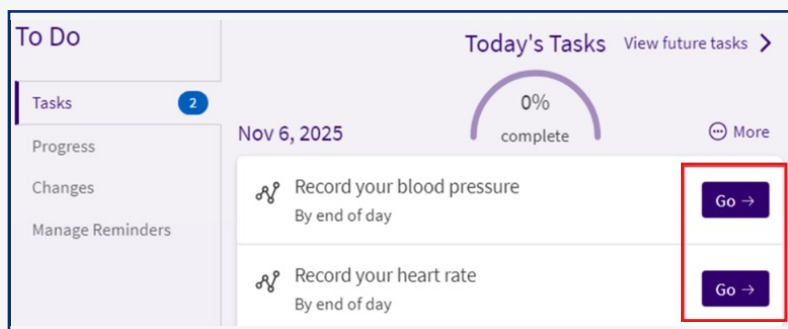
Updating Your Tasks for the Day

From the MyChart home page you will see a message that says, “**To Do.**”

1. Click **View tasks.**



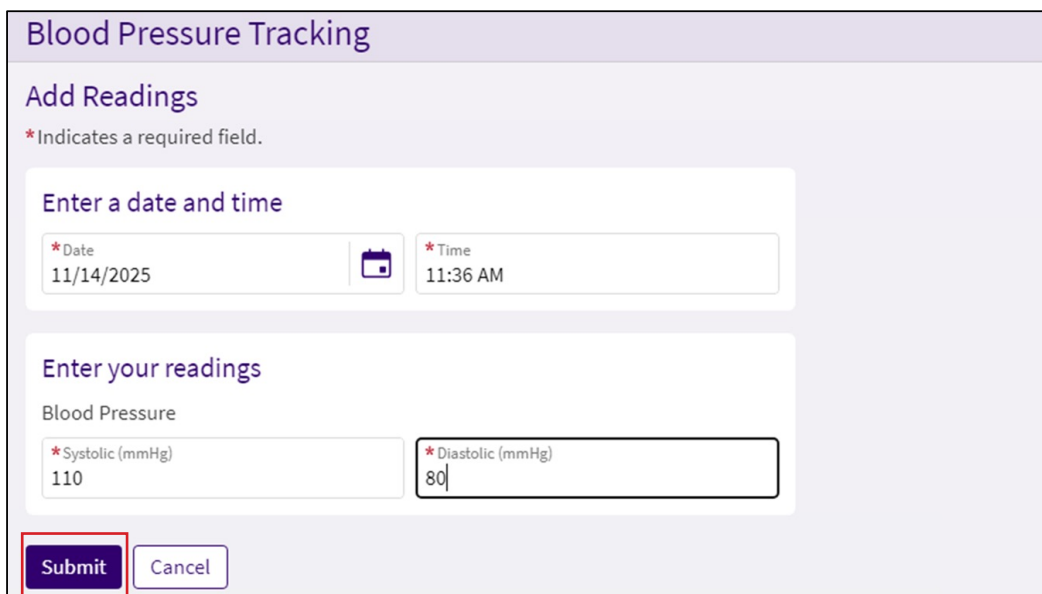
2. Select the appropriate task(s) and click **Go.**



3. The **blood pressure** or **heart rate** tracking box will open in MyChart.

Blood Pressure and Heart Rate Tracking

1. Take your blood pressure and heart rate readings. When taking your blood pressure using a digital blood pressure cuff:
 - The systolic reading is the number on top.
 - The diastolic reading is the number on the bottom.
2. Update the date and time, along with your readings.
3. Click **Submit**.

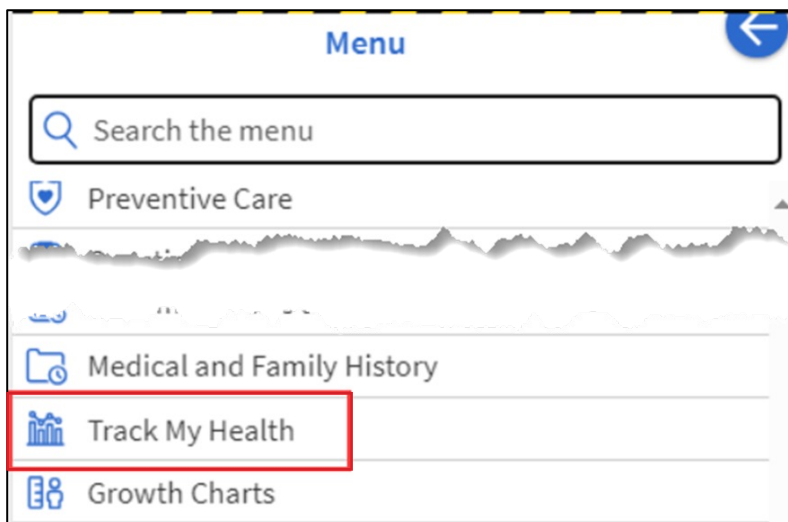


The screenshot shows a web form titled "Blood Pressure Tracking". Below the title is a section "Add Readings" with a note: "*Indicates a required field." The form contains two main input sections. The first, "Enter a date and time", has two fields: "*Date" with the value "11/14/2025" and a calendar icon, and "*Time" with the value "11:36 AM". The second section, "Enter your readings", is for "Blood Pressure" and has two fields: "*Systolic (mmHg)" with the value "110" and "*Diastolic (mmHg)" with the value "80". At the bottom are two buttons: "Submit" (highlighted with a red border) and "Cancel".

Edit or Add Readings

To review past blood pressure and heart rate readings:

1. Open MyChart and select **Track My Health** from the main menu.



Continued on next page >

Edit or Add Readings *continued*

2. Select the appropriate health log.

Track My Health

Active health logs

Blood Pressure Tracking

Blood Pressure

Started on Jul 7, 2025

→

Heart Rate Tracking

Pulse

Started on Jul 7, 2025

→

3. Review the table or click **View all readings** to review past entries.

← Track My Health

Blood Pressure Tracking

Add readings

Link device

Week

Nov 7 - Nov 14, 2025

Filters

Show readings from:

☒ Blood Pressure

Clear selections

Blood Pressure

Current normal range: 95-180/40-110 mmHg

Systolic

Diastolic



Data table

View all readings

To Edit Past Entries

1. Follow the steps above to reach **View All Readings**.
2. From **View all readings**, click **Edit**.

← Blood Pressure Tracking

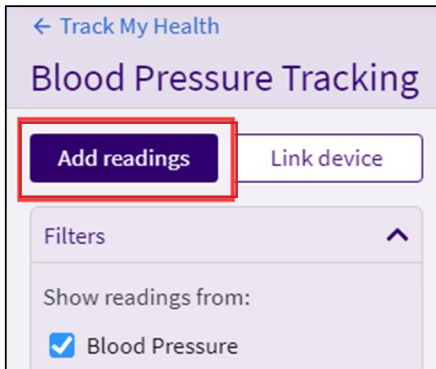
Blood Pressure

All readings

Date	Value (mmHg)	Entry type	Action
Nov 14, 2025, 11:38 AM	130/86	Patient	 Edit
Nov 14, 2025, 9:00 AM	115/89	Patient	 Edit

Add Additional Readings

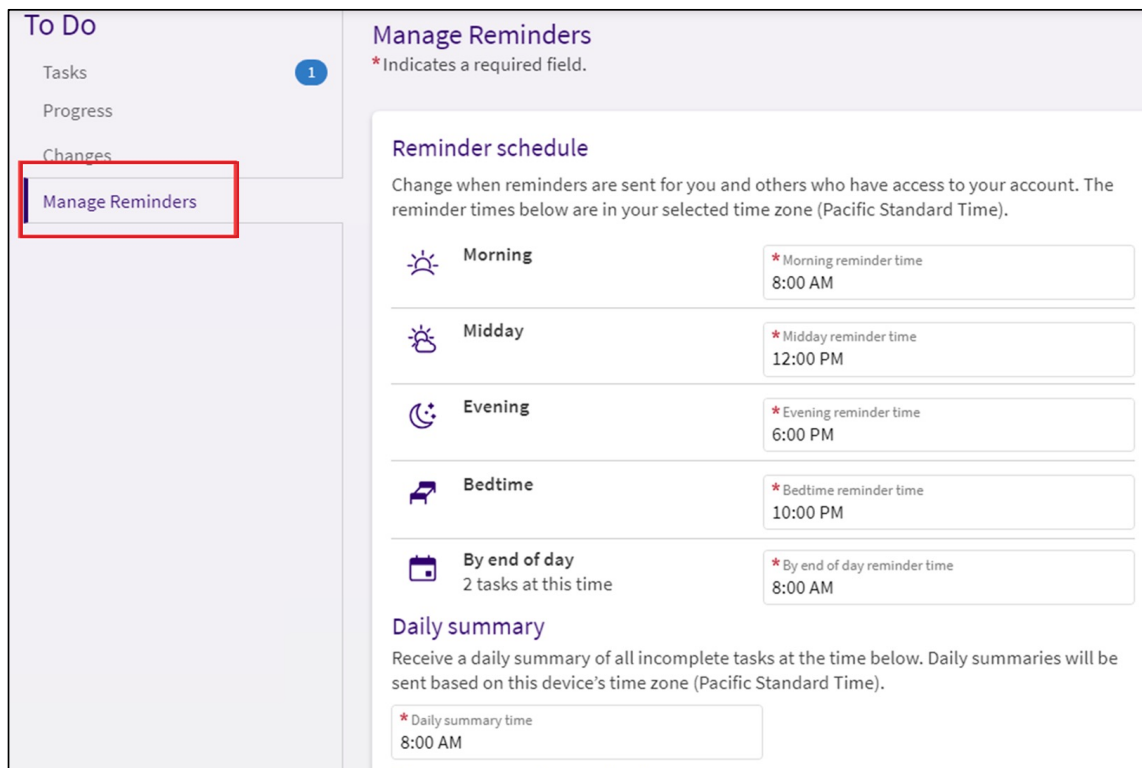
- To add additional readings for the day, click Add readings.



Notifications

You can choose what time of day you would like to receive notifications and reminders for tasks assigned to you.

- Open the **To Do Tasks** activity and select **Manage Reminders** or the **Gear icon**.



If you would like to change the time you receive notifications throughout the day, go to the Reminder Schedule section.

You can choose to receive reminders at the following intervals:

- Morning
- Midday
- Evening
- Bedtime
- End of day

Connect MyChart to Google Fit or Apple Health

You can connect MyChart to Apple Health or Google Fit to automatically share your data from other health and fitness apps or devices.

1. In the MyChart mobile app, open the **Track My Health** activity.
2. Tap **Link device** then select Apple Health or Google Fit.
3. Choose the data you want to share with MyChart by tapping the toggle button for each type of data.
4. Your recent data that was stored in Apple Health or Google Fit is automatically synced to MyChart.