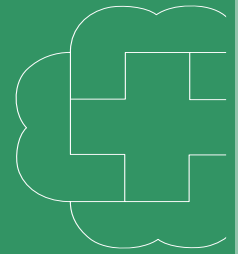


Track My Health with Bronson MyChart



Track My Health is a new feature in Bronson MyChart that allows patients to sync health information recorded from smartwatches or fitness trackers to their medical chart, allowing the patient to review it with their provider at their next appointment.

Data That Can Be Shared from Your Smart Device to a Provider at Bronson:

- Step Counter
- Distance Walking/Running
- Blood Glucose
- Heart Rate
- Blood Pressure

It's Easy to Get Started!

If you are a patient with a qualifying condition:

1. [Sign up](#) for MyChart if you haven't already and download the Bronson MyChart mobile app on your smartphone.
2. Ask your provider to place an order for Track My Health or send a message to your providers office via MyChart.
3. Connect your fitness tracker to your MyChart account.



Setting Up Your Fitness Tracker

A provider will need to place an order for this feature to work in MyChart

Fitness tracker linked to the Apple Health or Google Fit mobile app:

1. Download the Bronson MyChart mobile app on your smartphone and log in to your account.
2. Click **Menu > Track My Health**.
3. Click the **Connect to Health** tab.
4. Follow the prompts to connect your fitness tracker to your MyChart account.

Fitbit or Withings Fitness tracker through the MyChart web browser:

1. Login to your Bronson MyChart account through a web browser.
2. Click **Menu > Track My Health**.
3. Click **Connect My Tracker**.
4. Click **Connect account** next to the fitness tracker you will be using.
5. Follow the prompts to connect your fitness tracker to your MyChart account.

FAQs

- **How will my provider or care team be monitoring my readings?**
 - Readings are not monitored 24/7 but will be shared regularly with your care team. Normal readings recorded in Track My Health will be reviewed with you during scheduled visits.
- **What if I get a message that one of my vitals is outside the normal range/abnormal?**
 - Your care team may be notified and may contact you to discuss.
 - If you need immediate attention, schedule an On Demand video visit, visit a nearby FastCare or Urgent Care or contact your primary care provider's office.
 - If you experience a medical emergency, call 911 or go to the nearest emergency room.
- **What health tracking devices integrate with MyChart?**
 - See [Track My Health compatible devices](#).
- **What if I need more technical help with setting up my device?**
 - Contact Bronson HealthAnswers at answers@bronsonhg.org.

How to Download the Bronson MyChart App

MyChart is available for iOS and Android.

1. Go to the App Store or Google Play on your mobile device.
2. Search for Bronson MyChart.
3. Download the app.
4. Open the app on your mobile device to create a username.

