Connect your Device and App with My Premise Health

Contents

Connect a Device: iOS (Apple Health) & Android Devices (Google Fit)

1. **Connect your device and app:**
   - You must have an active My Premise Health account.
   - You must have an iPhone (iOS) or Android device. **NOTE**: Fitbit users currently have a separate workflow to connect to My Premise Health through the web version of the application.
   - You must download the My Premise Health mobile app from the App Store or Google Play store.
   - Your device and/or mobile app associated with the device must be compatible with Apple Health or Google Fit, meaning it can connect with **and write data to** Apple Health or Google Fit.
     - Apps for most of the more popular device brands are compatible with both.
     - Fitbit requires a direct connection though the <u>web version</u> of My Premise Health. (see separate steps for connecting a Fitbit).
   - If unsure, a browser search will let you know whether a connection is possible.

2. **Connect your device's mobile app to Apple Health or Google Fit.**

NOTE: Apple Watch (iOS) or a Google Wear OS may not require an external app and will connect with Apple Health or Google Fit as part of the pairing/setup. **Skip this step if your app or fitness tracker is already connected**.

   - Connect the app that corresponds to your device with Apple Health or Google Fit.
     - Follow the instructions included with the device to download the corresponding mobile app and set up an account.
     - During setup, your device may prompt you to connect to Apple Health or Google Fit. If so, follow the instructions to connect.
     - If you're not automatically prompted, most compatible apps have this option in their Settings or Profile module (see the device's online support page if assistance is needed). Select Apple Health or Google Fit and follow the instructions to connect and enable all categories of readings. (i.e. heart rate, blood glucose, etc.).
     - Once the device's app has been successfully connected to Apple Health or Google Fit, you are ready to connect My Premise Health.

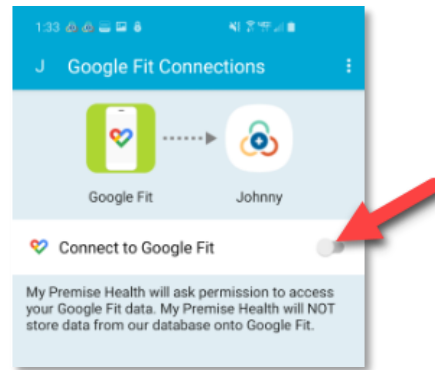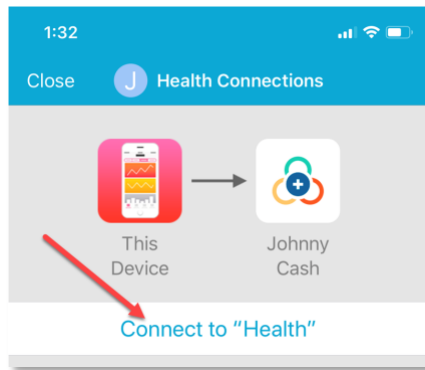3. **Connect My Premise Health to Apple Health or Google Fit.**
   - Sign in to the My Premise Health mobile app.
     - You should see a new message, you have a flowsheet from your visit. If you open the message, you can select the link and that will route you to the Track My Health feature to set up the connection. Otherwise, you can go straight to the **Track My Health** feature from the **Menu** under **My Record**.
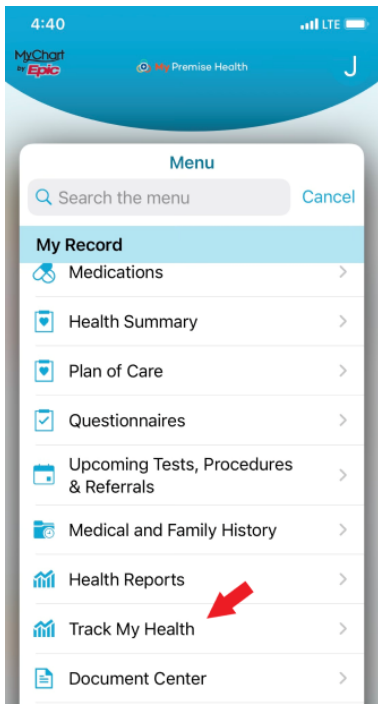
- The flowsheet(s) will be displayed.
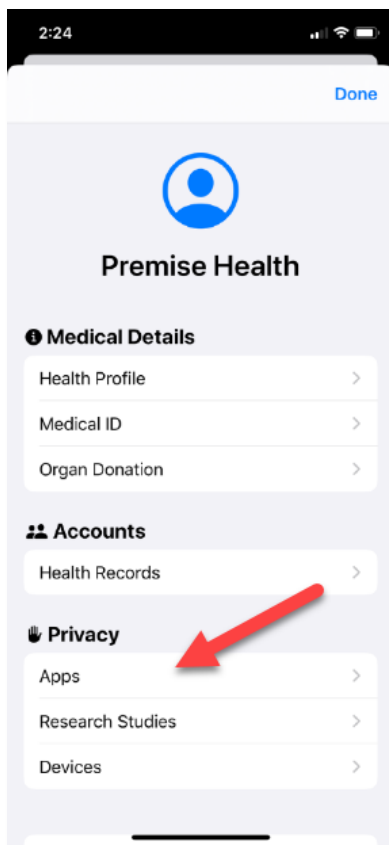- Select the **Connect to Health** or **Connect to Google Fit** button.
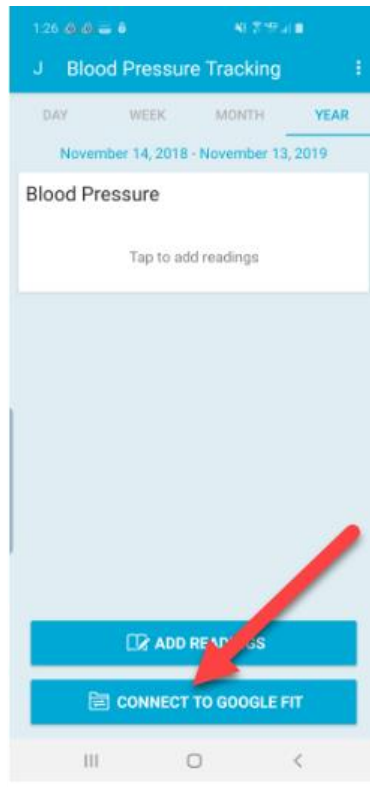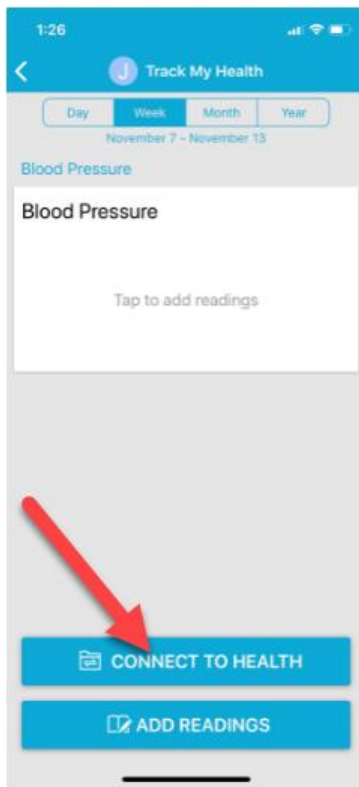
- Confirm you want to connect and follow prompts to allow My Premise Health access to data from Apple Health and Google Fit.
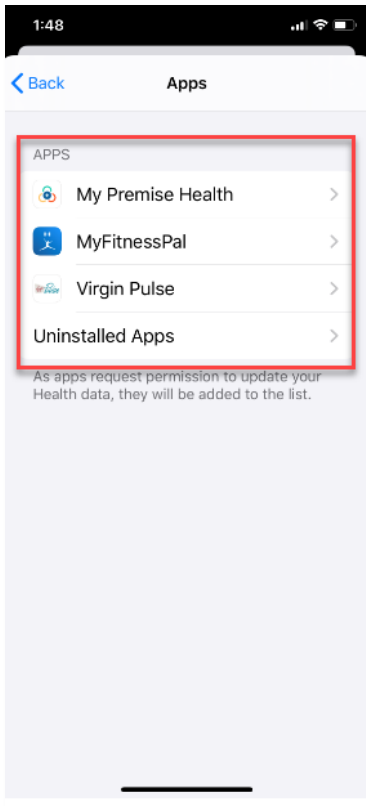

4. **Ensure your device's app and My Premise Health are connected.**
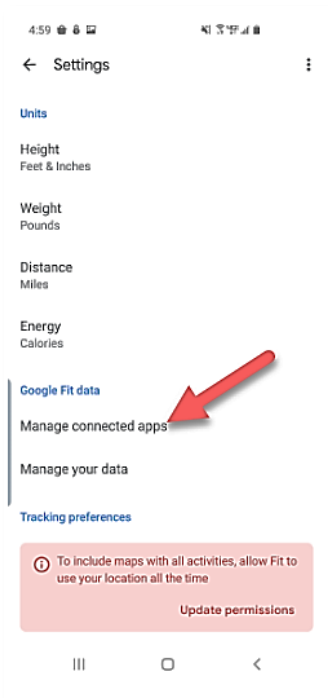   - Apple Health.
     - Open the Health App.
     - Select the **Profile** in the upper right corner.
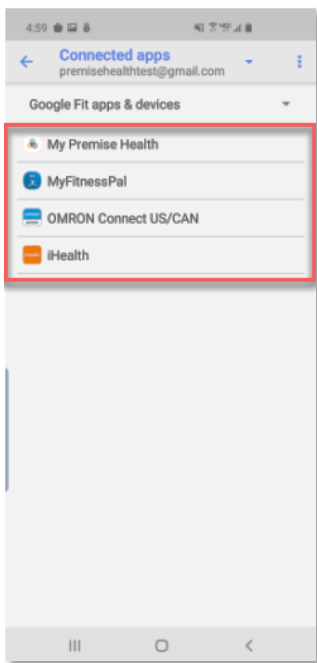   - Under Privacy, select **Apps.**

        o   Ensure your device's app and My Premise Health are in the list.

- Google Fit.
  - o Open the Google Fit App.
  - o Select **Profile** on the bottom right, then the **Settings gear** in the upper right.
 - o Under **Google Fit data**, select **Manage connected apps.**

- o Ensure your device's app and My Premise Health are in the list.

5. Setup is Complete.
  - o Your device or associated app will now send data to Apple Health or Google Fit, which will, in turn, share the information in batches with My Premise Health automatically, even when the app is in the background or closed out completely.

- The first sync with Apple Health may be a high volume of data, especially if you are tracking metrics like heart rate and glucose. It's common to receive the following message when setting up the connection. Select **Do Not Show Again**.
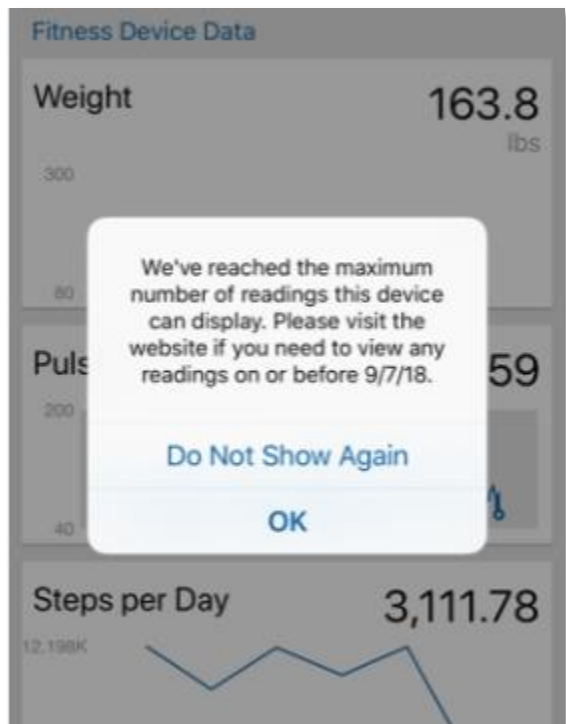
Connect a Device with My Premise Health: Fitbit

1. **Connect your Fitbit:**
   - You must have an active My Premise Health account.
   - Fitbit devices must be set up from the My Premise Health website, **NOT** the iOS or Android mobile app. Once the connection is established from mypremisehealth.com, you can still view readings on their respective mobile apps.
   - You must have an active Fitbit online account.

NOTE: Fitbit devices must be set up from the My Premise Health **website, NOT** the iOS or Android mobile app. Once the connection is established from mypremisehealth.com, you can still view readings on your respective mobile app.

2. **Ensure Fitbit account and device are set up:**
NOTE: Skip this step if your Fitbit account and device are already set up.
   - Follow the setup instructions on the device to create a Fitbit account (Skip this step if your account has already been established). This may include going to the website and/or downloading the Fitbit mobile app, creating a user profile, etc.

- Continue steps to connect/pair the device with the Fitbit account.
- If the above steps are completed, proceed to the next section.

3. Connect your Fitbit account to your My Premise Health account:
- Go to mypremisehealth.com on a <u>web browser</u> and sign in.
- You should see a message that says, "You have a flowsheet from your visit". If you open the message, you can select the link that will route you to the Track My Health feature to set up the connection. Otherwise, you can go straight to the Track My Health feature.
- Select the **Track My Health** feature from the **Menu** under **My Record.**
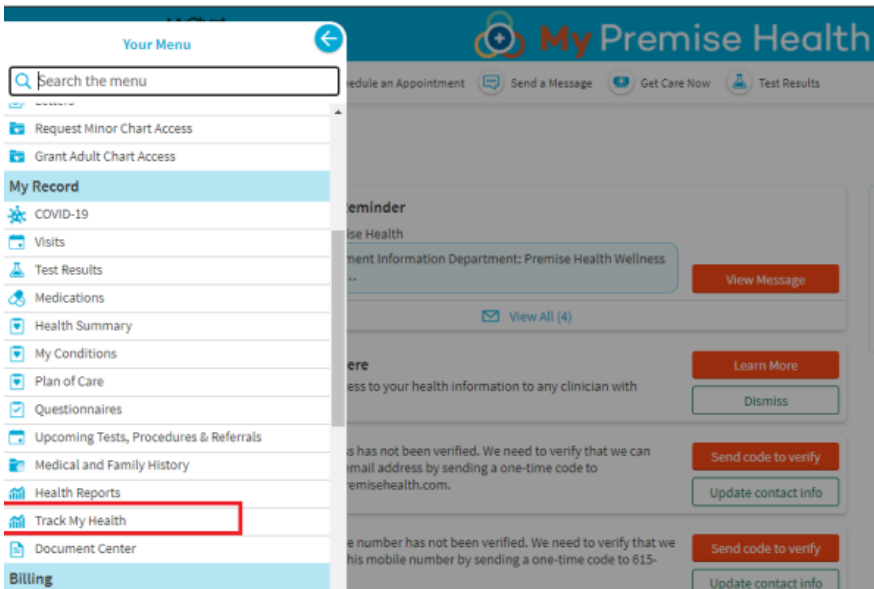
- There will be a prompt to connect a Fitbit account. Select **Connect Account**.
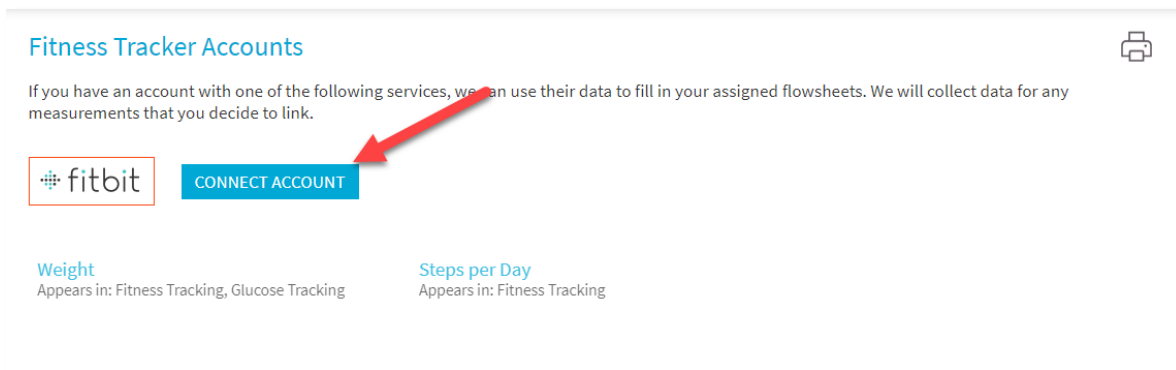
- Select **Continue to Fitbit** and follow the prompts to connect the account.
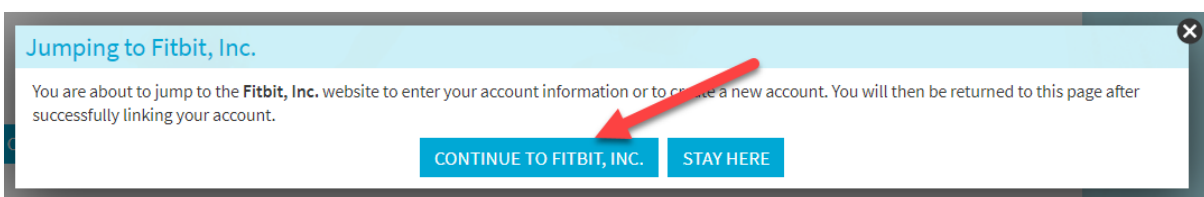
- You will need Fitbit account information to sign in and grand permission to link the account.
- Once returned to the Track My Health page, the setup is complete.

4. **Set-up is complete:**
   o The device will now send data to My Premise Health automatically through its corresponding Fitbit account.
   o You can view readings and progress over time on mypremisehealth.com or on the My Premise Health mobile app.
   o Your device or associated app will now share the information in batches with My Premise Health automatically, even when the app is in the background or closed out completely.

Compatible Consumer Devices by Patient-Entered Flowsheet

*Please note that this list is by no means comprehensive. There are hundreds of devices and apps that are able to share information automatically with My Premise health (either directly or through Apple Health or Google Fit), the list changes frequently. This is meant to be a reference guide for some of the most popular and reputable devices/apps in the marketplace. Premise does not endorse any of the devices listed below.

Flowsheet	Recommended Devices and Apps	Average Price	Apple Health (AH)/Google Fit (GF) Compatible
MyChart BP Flowsheet	1. Omron Evolv Upper Arm BP Monitor 2. Omron 10 Series Upper Arm BP Monitor 3. Omron 5 Series Upper Arm BP Monitor 4. Withings BPM Connect 5. LotFancy BP Monitor	1. $105 2. $105 3. $70 4. $100 5. $25	1. AH/GF 2. AH/GF 3. AH/GF 4. AH/GF 5. N/A - Manual
MyChart CHF Flowsheet	1. Omron 10 Series Wireless Upper Arm BP Monitor 2. Omron 5 Series Wireless Upper Arm BP Monitor 3. Withings Body & BMI Scale 4. Withings Body + Scale 5. FitBit Aria Air Scale 6. LotFancy BP Monitor	1. $105 2. $70 3. $60 4. $80 5. $50 6. $25	1. AH/GF 2. AH/GF 3. AH/GF 4. AH/GF 5. N/A - Direct connect to My Premise Health 6. N/A - Manual
MyChart Fitness Device Flowsheet	1. Apple Watch 2. FitBit Products 3. Wear OS Devices (Google) 4. Garmin Products 5. Nike + Run Club Mobile Application 6. Runtastic Mobile Application 7. Nokia Health Mate Mobile Application	1. $200-$750 2. $70-$300 3. $60-$500 4. $80-$400 5. Free 6. Free 7. Free	1. AH 2. N/A - Direct connect to My Premise Health 3. GF 4. AH/GF 5. AH/GF 6. AH/GF 7. AH/GF

MyChart Glucose Flowsheet	1. One Touch Verio Flex -Type 1 & 2 2. Dexcomm G6 CGM System -Type 1 & 2 3. Accu-chek Guide Meter – Type 1 & 2 4. Contour Next One - Type 1 5. Fora 6 Connect - Type 2	1. $30 2. $250 - Insurance/ benefits *may* cover cost 3. $30 4. $20 5. $30-$150	1. AH/GF 2. AH/GF 3. AH (MySugr app) 4. AH/GF 5. AH/GF
MyChart Peak Flow Flowsheet	1. MIR Smart One 2. Personal Best Flow Meter	1. $100 2. $15	1. AH/GF 2. N/A - Manual
MyChart Weight Flowsheet	1. FitBit Aria Air Scale 2. Withings Body & BMI Scale 3. Withings Body + Scale 4. Garmin Index Smart Scale 5. MyFitnessPal Application 6. My Diet Coach Application	1. $50 2. $60 3. $80 4. $150 5. Basic Free/ Premium $80/yr 6. $2.99/week	1. N/A - Direct connect to My Premise Health 2. AH/GF 3. AH/GF 4. AH/GF 5. AH/GF 6. AH/GF

*All devices are Bluetooth unless otherwise noted.