BILL'S HOME TECH
Home & Small Business Tech Solutions

BILL'S COMPLETE MANUALS

The Apple Health App

Medical ID, medications, health records, sharing, walking steadiness and hearing — in plain English

A calm, step-by-step guide for iPhone owners and their families

Take your time — you can't break it

Written for you by Bill — Bill's Home Tech

(330) 200-8042 · BillsHomeTech.com

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What's Inside

This is your plain-English guide to the Health app that's already on your iPhone. Read it in any order and at your own pace. If you only do one thing, do Chapter 6 — your Medical ID. And remember throughout: the Health app is a notebook and a messenger, not a doctor. In an emergency, call 911.

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PART 1

Getting to Know the Health App

What the white app with the red heart actually does, what it doesn't do, and how to find your way around its three main screens. Start here.

CHAPTER 1

A Note from Bill

Hello, and welcome. If you have an iPhone, you already have the Health app — the white square with the little red heart. It came with the phone, it costs nothing, and for most people it has sat there untouched since the day the phone came out of the box. That's a shame, because a few of the things inside it can genuinely help you and the people who love you.

I'm Bill. I've spent 30+ years of professional experience helping folks get comfortable with their technology, and these days I do it for neighbors right here in Portage County. I wrote this guide the way I'd explain it sitting beside you at the kitchen table: slowly, in plain English, one tap at a time. When I use a word you might not know, I'll stop and explain it.

STAY SAFE

Please read this first: the Health app is not a doctor

The Health app keeps track of information and can **notify you** about some things. It does **not** diagnose illness, it can't tell you that you're healthy, and it never replaces your doctor, your pharmacist, or your own good sense. Any notification it shows you is **not a diagnosis** — it's a reason to talk to your doctor about what the numbers mean. **If you think you're having an emergency, call 911 right away.** Don't wait for an app to tell you something is wrong.

What this guide will help you do

- **Set up your Medical ID** so paramedics can see your allergies, medicines and emergency contacts, even when your phone is locked. If you do nothing else, do this (Chapter 6).
- **Keep a list of your medications** and get a gentle reminder when it's time to take them.
- **Bring your records from your doctor's office** into one place, if your doctor's office supports it.
- **Share chosen health information** with a family member you trust — and stop sharing any time.
- **Understand the walking and hearing information** your iPhone and headphones already collect.

WHAT THIS DOES FOR YOU

What this guide does for you

By the end, the Health app will stop being a mystery icon and start being a tidy notebook that remembers your medicines, carries your emergency information, and lets a loved one keep a respectful eye out. You decide what goes in it and who sees it.

You can't break it

Exploring the Health app won't harm your phone or change anything about your care. Your doctor can't see anything in it unless you deliberately connect and share. Nothing is sent to anyone unless you set that up yourself. So tap around, read the screens, and go back with the arrow at the top left if you end up somewhere unexpected.

And if you'd like a hand, call me at **(330) 200-8042**. There's no such thing as a silly question, especially about something as personal as your health information.

— Bill

CHAPTER 2

What the Health App Is — and What It Isn't

Apple describes the Health app as a place that gathers health data from your iPhone, iPad, Apple Watch, and compatible apps and devices, so you can see it all in one place. That's a good way to think of it: a **notebook** that fills itself in partly on its own, plus a **messenger** that can pass chosen pages to people you pick.

What it collects on its own

Even if you've never opened it, your iPhone has probably been quietly writing in this notebook. According to Apple, the iPhone on its own records:

What	In plain terms
Steps and walking	Your steps, flights of stairs climbed, walking distance and walking speed, using the motion sensors built into the phone.
Mobility	Measurements of how you walk — such as walking asymmetry and double support time — that feed the Walking Steadiness feature (Chapter 18).
Headphone audio levels	How loud the sound in your AirPods, EarPods or other compatible headphones has been (Chapter 20).
Sleep	If you set up a sleep schedule, an estimate of the time you spend in bed intending to sleep.

What you can add

- Your **Medical ID** and **Health Details** — the basics like date of birth and blood type.
- Your **medications**, vitamins and supplements.
- **Health records** from supporting doctors' offices and hospitals (not available everywhere).
- Readings from **other apps and devices** — for example a Bluetooth blood-pressure cuff or scale, if its app is set up to share with Health. Bill's *Home Health Monitors* manual covers those gadgets.
- Data from an **Apple Watch**, if you have one — heart rate and more. Bill's *Apple Watch* manual covers the watch itself.

What it is not

STAY SAFE

Features are not diagnoses

Some Health features can send you a notification — for example, that your walking steadiness is low or that your headphones have been loud for a long time. Those notifications are **not a diagnosis**, and the absence of a notification doesn't mean everything is fine. Apple itself says its Medications feature is not a substitute for professional medical judgment. Use what you see as a conversation starter with your doctor, and **call 911 in an emergency**.

GOOD TO KNOW

It's free and already on your phone

The Health app comes with every iPhone and there's nothing to buy to use the features in this guide. Some optional extras need extra equipment — the hearing features in Chapter 21 need AirPods Pro 2 or AirPods Pro 3, and some measurements need an Apple Watch. I'll always tell you when that's the case.

CHAPTER 3

Finding Your Way Around

Open the Health app by tapping the white icon with the red heart. Along the bottom of the screen you'll see the buttons that take you to its main areas. There are really only three to learn.

Button	What's there
Summary	Your front page. It shows the categories you've **pinned** (your favorites), plus **Highlights** and **Trends** further down. Your picture or initials at the top right opens your profile, where the Medical ID lives.
Sharing	Where you share chosen information with family, and see anything family has shared with you (Part 5).
Browse	The full list of health categories — Activity, Hearing, Medications, Mobility and so on. On **iOS 27** it's labeled **Browse**. On **iOS 26** the same list opens from the **Search** button (the magnifying glass) at the bottom right.

TIP

One phrase to remember

Throughout this guide, when I say **"tap Browse"**, I mean: on iOS 27 tap **Browse**; on iOS 26 tap the **Search** magnifying glass at the bottom right. Both lead to the same list of health categories. Not sure which you have? Open **Settings**, tap **General**, then **About**, and look at **iOS Version**.

Pinning what matters to you

You can choose which categories show at the top of Summary, so the things you care about — maybe Medications and Steps — are the first thing you see.

1. Open the **Health** app and tap **Summary**.
2. Tap **Edit** next to **Pinned**.
3. Tap a category to pin it (or tap it again to unpin it). On some versions you can also drag the categories into the order you like.
4. Tap **Done** when you're finished.

Highlights and Trends

Scroll down the Summary screen and you'll find **Highlights** — short summaries of your recent data — and sometimes **Trends**, where Health points out a lasting change in

something like steps, resting heart rate or sleep. Tap any graph to see more. To be told about new trends, tap your picture or initials, tap **Notifications**, then turn on **Trends**.

STAY SAFE

A trend is information, not a verdict

A trend line only says a number has changed. It doesn't know why — a new medicine, a busy month, a phone left at home on the counter. If a trend worries you, write it down and talk to your doctor about what the numbers mean. Never change a medicine or treatment because of a chart in an app.

Seeing any category in detail

Tap **Browse** and tap any category. You'll usually see a chart with tabs across the top for day, week, month and year. Further down there are options to **Add Data** by hand, **Pin to Summary**, see which apps and devices supply the data under **Data Sources & Access**, and change the measurement unit.

PART 2

Setting It Up

Your Health Details, the Health Checklist, the all-important Medical ID, your emergency contacts, and connecting the apps and gadgets you already use. About half an hour, done once.

CHAPTER 4

Your Health Details

Health Details are the basics about you — name, date of birth, sex, height, weight and blood type. Health uses them to personalize your experience; an Apple Watch uses some of them to estimate things like calories burned. The first time you open Health it asks for these, but you can skip and fill them in later.

Filling in or changing your Health Details

1. Open the **Health** app and tap **Summary**.
2. Tap your **picture or initials** at the top right.
3. Tap **Health Details**, then tap **Edit**.
4. Tap any field to fill it in or change it. Leave blank anything you don't know — you can come back.
5. Tap **Done** (the check mark), then swipe down to close the screen.

TIP

Blood type you're not sure of

Don't guess at your blood type. If you don't know it, leave it as “Not Set.” Your doctor's office can tell you, and if your health records come into the app (Part 4) it may be in there already.

GOOD TO KNOW

Health Details are private; Medical ID is the public card

Health Details stay inside your phone's Health app. The information you want strangers in uniform to see in an emergency goes in a separate place — your **Medical ID** (Chapter 6). Think of Health Details as your private file and the Medical ID as the card in your wallet.

CHAPTER 5

The Health Checklist

The **Health Checklist** is Apple's handy list of the health features your iPhone (and watch, if you have one) can offer, showing which are turned on and which aren't. It's the quickest way to see what's available to you without hunting through menus.

1. Open the **Health** app and tap **Summary**.
2. Tap your **picture or initials** at the top right.
3. Tap **Health Checklist**.
4. Items you haven't set up appear as **Inactive**. Tap one to learn more or to turn it on, then follow the steps on screen.
5. When you're finished, tap **Done**.

What you'll likely see

The list depends on your devices and where you live. On an iPhone alone it often includes Medical ID, Emergency SOS, Walking Steadiness Notifications and Headphone Notifications. With an Apple Watch you'll see more, such as heart notifications and Fall Detection.

GOOD TO KNOW

Not every feature is offered everywhere

Apple says some health features aren't available in all countries or regions, and some have age limits — the AirPods Hearing Test and Hearing Aid features, for example, are for people 18 and older. If a feature from this guide doesn't appear on your checklist, that may be why. It isn't something you've done wrong.

TIP

A once-a-year look

Make a habit of opening the Health Checklist once a year — on your birthday, say, or after a new iPhone. New software sometimes adds features, and it takes two minutes to see what's new.

CHAPTER 6

Your Medical ID — the Most Important Five Minutes

Your **Medical ID** is a little emergency card that lives on your iPhone (and on an Apple Watch, if you have one). Apple explains that it lets first responders see critical information — like allergies, medical conditions and who to contact — from the Lock Screen, **without needing your passcode**.

STAY SAFE

Why this one matters most

If you're ever found unable to speak, the people helping you can't ask about your allergies or your blood thinner. A filled-in Medical ID can tell them. It takes five minutes, it costs nothing, and it is the single most useful thing in this guide. It is **not** a substitute for calling for help — in an emergency, **call 911**.

Setting up your Medical ID

1. Open the **Health** app and tap **Summary**.
2. Tap your **picture or initials** at the top right, then tap **Medical ID**.
3. Tap **Get Started** (the first time) or **Edit**.
4. Fill in what you can: medical conditions, medications, allergies and reactions, blood type, and any notes a paramedic should know (for example, “pacemaker” or “uses hearing aids”).
5. Below **Emergency Contacts**, tap **Add Emergency Contact**, choose a person from your contacts, and pick their relationship to you (Chapter 7 explains what this does).
6. Scroll to the bottom and turn on **Show When Locked** and **Share During Emergency Call** (on some versions this switch is labeled simply **Emergency Call**).
7. Tap **Done**.

What those two switches do

Switch	What it does
Show When Locked	Lets anyone helping you open your Medical ID from the Lock Screen without your passcode. They see only the Medical ID — not your messages, photos or anything else.

Switch	What it does
Share During Emergency Call	When you call or text emergency services from your iPhone or Apple Watch, your Medical ID is sent to them automatically. Apple says this is available in the U.S. and Canada, and that Apple can't read your Medical ID when it's shared.

HEADS UP

One setting the emergency sharing relies on

Apple notes that if **Emergency Calls & SOS** is turned off in Location Services, your Medical ID won't be shared during a call. To check: open **Settings**, tap **Privacy & Security**, tap **Location Services**, tap **System Services**, and make sure **Emergency Calls & SOS** is on.

How a helper finds it

On the locked phone, a helper swipes up (or presses the Home button on an iPhone SE), taps **Emergency** on the passcode screen, then taps **Medical ID**. It's worth showing a family member how to do this on your phone, so they know it's there.

TIP

A quick way to check your own Medical ID

Touch and hold the Health app icon on your Home Screen, then choose **Medical ID**. It opens straight to your card so you can check it's up to date.

FROM BILL

Keep it current

A Medical ID is only as good as its last update. Each time a doctor changes a prescription or you learn of a new allergy, take two minutes to edit it. If you'd like help filling it in the first time, it's a quick, worthwhile part of a visit.

Organ donation (U.S.)

In the United States, you can also register as an organ donor from the Health app. Tap your picture or initials, and under **Features** tap **Organ Donation**, then **Sign Up with Donate Life** and follow the form. You can edit or remove your registration later from the same place. This is entirely your choice, and it's a good one to talk over with family.

CHAPTER 7

Emergency Contacts & Emergency SOS

The emergency contacts in your Medical ID do more than sit on a card. Apple explains that when you use **Emergency SOS** to call for help, after the call ends your iPhone sends your emergency contacts a text message (unless you cancel it), with your current location if available — and for a while afterward they get updates if your location changes.

STAY SAFE

Call 911 first — always

Emergency SOS is simply a fast way to call 911. If you're having chest pain, trouble breathing, signs of a stroke, a bad fall or any other emergency, **call 911**. Don't spend time opening apps or checking readings. The Health app can't call for help on its own.

Choosing your emergency contacts

- Pick people you trust, who answer their phone, and who live close enough to help or to coordinate help.
- Two or three is plenty. Make sure each one's contact card has a **mobile number** that can get texts.
- Tell them you've added them, so a text from your phone saying you called 911 doesn't come as a total shock.

Adding or removing an emergency contact

1. Open the **Health** app, tap **Summary**, then tap your **picture or initials**.
2. Tap **Medical ID**, then tap **Edit**.
3. Scroll to **Emergency Contacts**. Tap **Add Emergency Contact** (the plus button) to add someone and choose their relationship.
4. To remove someone, tap the red minus button next to their name, then tap **Delete**.
5. Tap **Done**.

Calling for help with Emergency SOS

Way	How
Hold and release	Press and hold the **side button** and either **volume button** together until the sliders appear and a countdown runs out — then release. Your iPhone calls emergency services.

Way	How
Five quick presses	If you turn on **Call with 5 Button Presses** in **Settings > Emergency SOS**, rapidly pressing the side button five times starts the countdown instead.
From a locked phone	On the passcode screen, tap **Emergency**, dial 911 and tap the call button.
By text	In some areas you can text 911 from Messages. Where that isn't offered, you may get a message saying the text didn't go through — so calling is always the surest way.

GOOD TO KNOW

No cell signal?

Apple says that on iPhone 14 and later, Emergency SOS via satellite may let you text emergency services when you're outside cellular and Wi-Fi coverage. Bill's *iPhone* and *Medical Alert & Fall Detection* manuals go into these safety features in more depth.

CHAPTER 8

Connecting Apps, Gadgets & an Apple Watch

The Health app becomes more useful when the other things you already use can write into it — a blood-pressure cuff's app, a smart scale, a walking app, or an Apple Watch. You stay in control: each app has to ask, and you choose exactly what it can read and what it can add.

When an app asks for permission

When you set up a health or fitness app from the App Store, it may show a Health permission screen with a list of categories. Each one has a switch. Turn on only what makes sense — a blood-pressure app needs to *write* blood pressure, but probably doesn't need to *read* your sleep.

Changing an app's permissions later

1. Open the **Health** app, tap **Summary**, then tap your **picture or initials**.
2. Under **Privacy**, tap **Apps** (or **Devices** for gadgets).
3. Tap the app or device you want to review.
4. Turn individual categories on or off for reading data from Health or writing data to Health.

Bluetooth devices

Gadgets like blood-pressure monitors and scales usually send readings through their own app, which then shares with Health. Follow the device maker's setup instructions; Bluetooth devices need to be paired with your iPhone first. Bill's *Home Health Monitors* manual walks through pairing a cuff step by step.

An Apple Watch

If you pair an Apple Watch, it automatically sends measurements such as heart rate to Health, and you can set it up to send more. Apple lists, among others, notifications about high or low heart rate and irregular rhythms (not available everywhere), environmental noise levels, a history of hard falls on supported models, overnight vitals and sleep, and — on Apple Watch Series 9, Apple Watch Ultra 2 and later — notifications of possible hypertension (high blood pressure) that prompt you to check with a blood-pressure cuff and discuss the results with your healthcare provider.

STAY SAFE

A watch notification is a reason to call your doctor — not a diagnosis

Apple's own wording for the hypertension feature is that you'll be notified to discuss the patterns with your healthcare provider. That's the right way to treat every watch or phone notification. And a watch that stays quiet doesn't mean nothing is wrong. If you have symptoms, call your doctor — or **911** in an emergency.

HEADS UP

Only connect apps you trust

Every app you let into Health can read whatever you allow. Stick to apps from companies you know — your device maker, your pharmacy, your health system — and be wary of free apps that ask for everything. Chapter 22 covers privacy in more detail.

PART 3

Your Medications

A tidy list of everything you take, gentle reminders at the right times, a log that answers “did I already take it?”, and a printable list for your next appointment.

CHAPTER 9

Building Your Medication List

The **Medications** feature lets you keep a list of the medicines, vitamins and supplements you take, set a schedule for each, and log when you take them. For many households it's the most useful part of the whole Health app.

STAY SAFE

A list and a reminder — not medical advice

Apple says plainly that the Medications feature is **not a substitute for professional medical judgment**, and that you should consult your healthcare provider before making decisions about your health. The app doesn't check that a dose is right for you, and it doesn't dispense anything. Always follow your doctor's and pharmacist's instructions and the label on the bottle. If you think you've taken too much of a medicine or someone has a bad reaction, **call 911**.

Adding a medication

1. Open the **Health** app and tap **Browse** (on iOS 26, the **Search** magnifying glass), then tap **Medications**.
2. Tap **Add a Medication** (to start your list) or **Add Medication** (to add to it).
3. Type the name and tap **Add**. In the U.S., suggestions appear as you type — tap the right one.
4. Or, in the U.S. only, tap the **camera** button next to the text box and point it at the label, following the instructions on screen. If it can't find a match, tap **Search by Name** and type it.
5. Choose the **type** (tablet, capsule, liquid and so on), then tap **Next**.
6. Choose the **strength**, then tap **Next**.
7. Set the **schedule** — how often and what time — then tap **Next**. (More on schedules in the next chapter.)
8. If you like, choose a **shape** and **colors** so the picture on screen looks like your actual pill. Then tap **Done**.

TIP

Do it with the bottles in front of you

Set aside twenty minutes, gather every bottle and box — prescriptions, vitamins, the allergy tablet you take in spring — and add them one at a time, reading the strength straight off the label. Getting the list right once is worth far more than doing it fast.

Vitamins and “as needed” medicines

Add vitamins and supplements too; your doctor and pharmacist want to know about those. For things you take only now and then — a pain reliever, say — choose an **as needed** schedule. They won't remind you, but you can still log them when you take one, so there's a record.

Tidying the list

To	Do this
Change a schedule	Tap the medication, scroll to **Schedule**, tap **Edit**, then change the field you need.
Change the nickname, icon or notes	Tap the medication, scroll to **Details**, tap **Edit** or the text fields.
Archive one you've stopped	Swipe left on its name in your list, then tap **Archive**. Archiving keeps its history. If you bring it back later, you'll need to set the schedule again.
Delete one entirely	Tap the medication, scroll down, then tap **Delete Medication**.
Reorder the list	Tap **Edit** above your list, then drag medications into the order you like.

FROM BILL

Copy it into your Medical ID, too

Your medication list and your Medical ID are separate. Once your list is right, take a minute to type your important medicines into the **Medications** box of your Medical ID (Chapter 6), so a paramedic sees them as well. Update both when a prescription changes.

CHAPTER 10

Reminders, Logging & Follow-Up Alerts

Once a medication has a schedule, your iPhone reminds you when it's time to log it. Logging is just tapping **Taken** or **Skipped** — and that simple record answers the question so many of us ask: “Did I already take my morning pills?”

STAY SAFE

If you're unsure whether you took a dose

If the log is blank and you can't remember, don't simply take another one to be safe — some medicines are dangerous if doubled. Call your pharmacist or doctor and ask what to do. For a possible overdose or a serious reaction, **call 911**.

Choosing a schedule

When you add or edit a medication, you set how often you take it. Under “When will you take this?”, tap **Change** to pick a different kind of schedule — for example **Every Few Days** or **On a Cyclical Schedule** — then follow the screens to set the times of day and how long you'll take it.

Logging a dose

1. When the reminder appears, touch and hold the notification, then choose an option — that's the quickest way.
2. Or open **Health**, tap **Browse**, then **Medications**.
3. Select the day if needed. Under **Log**, tap the medication's name, then tap **Taken** or **Skipped**.
4. For something you take only as needed, tap **As Needed Medications**, then tap **Taken** under the medicine.
5. Tap **Done**.

To see the history for any medicine, tap **Browse**, tap **Medications**, then tap the medication in your list.

Follow Up Reminders and Critical Alerts

If you tend to dismiss a reminder and forget, two extra settings can help. **Follow Up Reminders** nudge you again if a scheduled medication hasn't been logged 30 minutes after its time. **Critical Alerts** make the reminder for a chosen medicine appear on the Lock

Screen and play a sound even when the phone is muted or a Focus is on.

1. Open **Health**, tap **Browse**, then **Medications**.
2. Tap **Options** at the bottom of the screen, then turn on **Follow Up Reminders**.
3. To use Critical Alerts, tap **Critical Alerts**, tap the button next to a medication, then tap **Allow**.

To turn Critical Alerts off again, open **Settings**, tap **Apps**, tap **Health**, tap **Notifications**, and turn off **Critical Alerts**.

WHAT THIS DOES FOR YOU

Peace of mind for you — and for family

A log that says “Taken, 8:02 a.m.” ends a daily worry. And if you share your medications with a family member (Chapter 15), they can see that log too, which can save a lot of worried phone calls.

GOOD TO KNOW

Using an Apple Watch or more than one device

Apple notes that for Health data to stay in step across your devices, they must be signed in to the same Apple Account, be connected to the internet, and be updated to the latest software. If you wear an Apple Watch, Bill's *Apple Watch* manual covers taking your medicines from the wrist.

CHAPTER 11

Learning About Your Medicines & Sharing the List

In the United States, the Health app can show you general information about the medications on your list and point out possible interactions between them. Outside the U.S., these two features may not appear.

STAY SAFE

Information to discuss — not instructions to follow

A drug-interaction notice in the app is general reference information. It doesn't know your full medical history, and it isn't a diagnosis or a prescription change. **Never stop, start or change a medicine because of something you read in an app.** Show it to your pharmacist or doctor and ask what it means for you.

Reading about a medication (U.S.)

1. Open **Health**, tap **Browse**, then **Medications**.
2. Tap the medication in your list, then scroll down to **About**.
3. You can read what it's generally used for, how it works, possible side effects, and even how to pronounce it.

Checking for interactions (U.S.)

1. Open **Health**, tap **Browse**, then **Medications**.
2. Scroll down and tap **Drug Interactions**.
3. To include factors such as alcohol, tap **Edit** in the **Interaction Factors** area, choose what applies, then tap **Done**.
4. Tap any interaction listed to read more about it — then write it down for your pharmacist.

Printing or sending your list

A neat, current medication list is one of the most useful things you can bring to an appointment, a hospital visit or an emergency room.

1. Open **Health**, tap **Browse**, then **Medications**.
2. Scroll down and tap **Export PDF**.

3. Tap the **Share** button, then choose how to send it — print it, email it to yourself, or save it to Files.

TIP

Keep a printed copy in your wallet or purse

Print the PDF, fold it, and keep it with your insurance card. Bring it to every appointment and ask the office to check it against their records. When it changes, print a fresh one and throw the old one away.

HEADS UP

Email carefully

A medication list is private health information. Send it only to addresses you typed yourself — your own email, or your doctor's office through their patient portal. Never send it in reply to a message or text that asked for it out of the blue.

PART 4

Health Records from Your Doctors

Bringing lab results, immunizations, allergies and more from supporting doctors' offices and hospitals into the Health app — what it is, how to connect, and how to read what arrives.

CHAPTER 12

What Health Records Are

Many doctors' offices and hospitals give you a **patient portal** — a website or app where you can see test results and visit notes. The Health app's **Health Records** feature can connect to supporting organizations and download your records automatically, so they sit in one place on your phone alongside your other information.

What can come in

Apple says supporting healthcare organizations can securely and automatically download records of your **allergies**, **medical conditions**, **medications**, **lab results**, **immunizations** and more. After you connect, new records arrive on their own as they become available.

Question	Answer
Where it's offered	Not available in all countries or regions.
Which offices	Only organizations that support the feature. Apple says organizations are added frequently, so check again if yours isn't listed yet.
What you need	Your username and password for that office's patient portal. If you don't have a portal account yet, ask the office to set one up — Bill's *Patient Portals & Telehealth* manual walks through it.
Cost	Free. There's nothing to buy.

STAY SAFE

Records are a copy — your doctor is the expert

A lab result in the Health app is the same number your doctor sees, but without the doctor's explanation. A value flagged high or low isn't a diagnosis, and a normal-looking list doesn't mean you're in the clear. **Talk to your doctor about what the numbers mean**, especially before worrying. For anything urgent, call your doctor's office — or **911** in an emergency.

Test-result records with a QR code

Apple also notes that you can use a QR code or a link from a healthcare provider or health authority to download a single test-result record. Only use codes and links that come directly from your doctor's office or an official health authority — never from an unexpected text or email.

CHAPTER 13

Connecting Your Doctor's Office

Connecting takes about five minutes per office, and you need your patient portal sign-in handy. Do it somewhere comfortable, with your reading glasses.

1. Open the **Health** app and tap **Summary**.
2. Tap your **picture or initials** at the top right.
3. Tap **Health Records**, then tap **Get Started** (your first office) or **Add Account** (an additional one).
4. A list of nearby organizations appears. If yours isn't there, type the name of the clinic or hospital, or a city or state, to search.
5. Tap your organization's name, then tap **Connect Account** (below **Available to Connect**).
6. You're taken to that organization's own sign-in screen. Enter your patient portal username and password, then follow the instructions on screen.

HEADS UP

Only sign in from inside the Health app

The safe way to reach your portal's sign-in screen is the way above — starting inside the Health app. If a text, email or phone call ever asks you to “connect your Apple Health records” by tapping a link or reading out a code, it's a scam. Hang up or delete it. Chapter 23 has more on health scams.

More than one doctor?

Most people see more than one office — a family doctor, a specialist, a hospital system. Repeat the steps with **Add Account** for each one that supports the feature. Each appears separately in the list under Health Records.

GOOD TO KNOW

If your office isn't listed

Not every practice supports Health Records. That doesn't mean anything is wrong with your account. You can still use the office's own portal app or website, and you can always ask at your next visit whether they plan to support it.

FROM BILL

This is a good one to do together

Portal passwords are often the sticking point — many people have never used theirs, or it's expired. If you'd like, I can sit with you while you reset it with the office's help line and connect it to Health. You type the password; I explain each screen.

CHAPTER 14

Reading Your Records & Lab Results

Once you're connected, your records download to your iPhone and you can browse them any time.

Finding your records

1. Open **Health** and tap **Browse**.
2. Scroll down to the **Health Records** section and tap a category such as **Allergies**, **Clinical Vitals** or **Lab Results**.
3. Or scroll further and tap the name of an organization to see everything from that office.
4. Or use the search field at the top and type something specific, like “blood pressure” or “cholesterol.”
5. Tap any item for more detail.

Pinning a lab result you watch

If your doctor keeps an eye on one result — say, your A1C or kidney function — you can pin it to the top of the Lab Results screen. Tap **Browse**, tap **Lab Results**, then swipe left on the result and tap the pin, or touch and hold it and tap **Pin this Lab**.

STAY SAFE

Seeing a result before your doctor calls

Results sometimes arrive in the app before your doctor has had a chance to review them. A result marked out of range can be alarming to see alone, and it isn't a diagnosis. Give the office the time they said it would take, then call and ask what it means for you. If you feel unwell, don't wait for a callback — call your doctor, or **911** in an emergency.

If records stop arriving

Apple suggests making sure you're still signed in to your account with that provider: tap **Browse**, scroll to your list of accounts, tap the provider's name, and sign in if it asks. Portal passwords that expire are a common cause.

Removing an office

1. Open **Health**, tap **Summary**, then tap your **picture or initials**.
2. Tap **Health Records**, then tap the organization's name.

3. Tap **Remove Account**. That organization's records are removed from your iPhone; your records at the doctor's office aren't affected.

HEADS UP

Apps that ask for your health records

Some third-party apps can ask to read your health records. Apple advises being sure you trust the app before granting access. You choose which categories to share and whether to share only current records or future ones too. You can turn this off at any time by removing the app's permission to read from Health (Chapter 8).

PART 5

Sharing with Family & Your Doctor

Health Sharing lets you show chosen information to someone you trust — and lets a family member ask you to share. You pick exactly what, and you can stop at any time.

CHAPTER 15

Sharing Your Health Data with Family

Health Sharing lets you share chosen information from your Health app — such as your medications log, activity, or health notifications and trends — with friends, family and others caring for you. They see it in the Health app on their own iPhone.

WHAT THIS DOES FOR YOU

A gentle way to keep family in the loop

Instead of fielding “Did you take your pills? How's your walking?” calls, a son or daughter can glance at what you've chosen to share. Apple says the people you share with can also see the health notifications you receive — including high heart rate and irregular rhythm notifications from an Apple Watch — and notifications about significant trends, such as a steep decline in activity.

STAY SAFE

Sharing is not monitoring for emergencies

Health Sharing is not an alarm service. A family member may not look at their phone for hours, and they aren't notified the instant something happens to you. It doesn't replace a medical alert device, Emergency SOS, or calling **911**. Bill's *Medical Alert & Fall Detection* manual covers the tools built for emergencies.

Before you start

- The person must be **in your Contacts**.
- They need an iPhone with iOS 15.6 or later, or an iPad with iPadOS 17 or later, to see what you share.
- Have a quick conversation first about what would actually help — and what you'd rather keep private.

Sharing with someone

1. Open the **Health** app and tap **Sharing**.
2. Tap **Share with Someone** (the first time) or **Add another person**, then **Next**.
3. Use the search field to find the person in your contacts, then tap their name.
4. Tap **See Suggested Topics** to start from Apple's suggestions, or **Set Up Manually** to choose every item yourself.

5. Scroll through each screen, choose what to share, and tap **Next** to move on.
6. Tap **Share**, then **Done**. You'll get a notification when they accept.

> **TIP**
> **Start small**
> You don't have to share everything. Many people begin with just their **medications** and **Walking Steadiness notifications** — the two things family most often worry about. You can add more later. If you add a new medication after you start sharing, Apple suggests adding it to your shared list too.

Changing what you share

1. Open **Health** and tap **Sharing**.
2. Tap the person's name.
3. Scroll down and tap **View Shared Data**.
4. Turn items on or off, then tap **Done**.

Stopping sharing

Open **Health**, tap **Sharing**, tap the person's name, then tap **Stop Sharing**. That's all it takes, and you don't need their permission.

> **HEADS UP**
> **Deleting the contact doesn't stop sharing**
> Apple points out that if you've started sharing with someone, simply removing them from your Contacts **doesn't** stop the sharing. Always use **Stop Sharing** in the Health app. It's worth checking this after any family change, such as a divorce or a falling-out.

CHAPTER 16

When Family Shares with You

Health Sharing works in both directions. If you help look after a parent or spouse, you can ask them to share with you, and see what they choose on your own iPhone.

Asking someone to share

1. Open **Health** and tap **Sharing**.
2. Tap **Ask Someone to Share**, then choose an option.
3. They receive an invitation and decide for themselves what to share. Let them know you need to be in *their* contacts.

Accepting an invitation

When someone invites you, tap the invitation on your Lock Screen or in Notification Center — or open **Health**, tap **Sharing**, and tap **View** on the invitation at the top. Then tap **Accept** and **Done**.

Looking at what they share

1. Open **Health** and tap **Sharing**.
2. Tap their name under **Sharing With You**.
3. Tap any item to see more detail.
4. To check in, tap **Message**, **Call** or **FaceTime** right from that screen. If you send a message from a chart, the chart is included.

STAY SAFE

If something you see worries you

A shared chart or notification is a reason to **check in** — call them, or visit. It isn't a diagnosis. If you can't reach someone and you believe they're in danger, call 911 or ask a neighbor to check. Encourage them to talk to their doctor about what the numbers mean.

FROM BILL

Respect goes both ways

The person sharing is in charge of what you see and can stop at any time. In my experience families do best when sharing is agreed together, kept to what's genuinely useful, and talked about openly — not set up quietly on someone else's phone.

CHAPTER 17

Sharing with Your Doctor

There are a few ways to get Health app information in front of your doctor. Which ones you have depends on your doctor's office and your iPhone's software.

STAY SAFE

Your doctor may not be watching in real time

Even when information is shared with a medical office, don't assume anyone there is watching it day to day. If you have a symptom or a reading that worries you, **call the office** — and in an emergency, **call 911**.

Way 1: Bring a printout or PDF

This works with every doctor, everywhere. Export your medication list as a PDF (Chapter 11), and if you use the AirPods Hearing Test, you can export your audiogram as a PDF to share with your hearing healthcare professional (Chapter 21). You can also simply open a chart in the Health app and show it on your phone at the appointment.

Way 2: “Share with your doctor” (U.S., supporting offices)

Apple's iOS 26 guide describes a feature that lets you share chosen data — such as heart rate, exercise minutes, hours of sleep, lab results and heart health notifications — with your doctor, who views it in a dashboard in their health records system. It's U.S. only and works only with offices whose systems support it.

1. Open **Health** and tap **Sharing**.
2. Tap **Share with your doctor** (or **Share with another doctor**), then **Next**.
3. Pick a suggested provider, or search for yours.
4. If **Connect to Account** appears, tap it and sign in with your patient portal username and password. (Connecting also downloads that office's health records to Health.)
5. Choose the topics to share, tap **Next** through each screen, then tap **Share** and **Done**.

GOOD TO KNOW

Don't see this option? That's normal

If “Share with your doctor” doesn't appear on your Sharing screen, your office may not support it, or your software may not offer it — Apple's iOS 27 guide no longer lists these steps. Use Way 1 instead; a printed list is just as useful. To stop sharing with a provider, tap **Sharing**, tap the provider's name, then tap **Stop Sharing** or **Remove Account**.

Way 3: The full export (rarely needed)

Apple also offers **Export All Health Data** (tap your picture or initials, then that option). It creates a large file in a computer format called XML, meant for moving data between apps. It isn't something a doctor can easily read, so most people never need it.

TIP

Bring questions, not just data

Before an appointment, jot down two or three things from the app you'd like to ask about — “my steps have dropped since spring,” or “I got a low walking steadiness notification.” A short question gets a far more useful answer than a phone full of charts.

PART 6

Walking & Hearing

The steadiness and mobility information your iPhone gathers as you walk, and the headphone and hearing features that help you look after your ears.

CHAPTER 18

Walking Steadiness

When you carry your iPhone in a pocket or holster near your waist, Apple says the Health app uses custom algorithms to assess your balance, strength and gait — the way you walk. From that it rates your **walking steadiness** as **OK**, **Low** or **Very Low**, and it can send you a notification if your steadiness becomes low or stays low.

STAY SAFE

A heads-up about fall risk — not a diagnosis

Apple describes a low steadiness level as one that may put you at increased risk of falling in the next 12 months. A notification is **not a diagnosis**, and an “OK” rating doesn't mean you can't fall. If you get a notification, talk to your doctor about what it means; they may suggest a balance check, a medication review, or exercises. **If you fall and are hurt or can't get up, call 911** — or use Emergency SOS (Chapter 7).

Turning on Walking Steadiness notifications

1. Open the **Health** app and tap **Summary**.
2. Tap your **picture or initials**, then tap **Health Checklist**.
3. Tap **Set Up** for **Walking Steadiness Notifications**, then follow the instructions on screen.

TIP

Carry the phone the way it expects

The measurements come from walking with the iPhone in a pocket or holster near your waist. A phone that spends the day on the kitchen counter, or in a handbag, won't have much to go on. Front trouser pocket, a jacket pocket at the hip, or a belt holster all work.

Looking at your steadiness

1. Open **Health**, tap **Browse**, then tap **Mobility**.
2. Tap **Walking Steadiness** (you may need to scroll).
3. Tap **Show More Walking Steadiness Data** for the details, or the small information button to read about the three levels.
4. To see past notifications, go back to **Mobility** and tap **Walking Steadiness Notifications**.

Exercises Apple suggests

In **Browse > Mobility**, scroll down to **Exercises That May Improve Walking Steadiness**. Check with your doctor or physical therapist before starting a new exercise routine, especially if you've had a fall, surgery or dizziness.

WHAT THIS DOES FOR YOU

Share it with someone close

Apple lets you automatically share Walking Steadiness notifications with somebody close to you, using Health Sharing (Chapter 15). That way a family member knows to check in — and to nudge you toward that doctor's appointment.

CHAPTER 19

Steps, Walking Speed & Other Mobility Data

Your iPhone's built-in sensors count your steps and flights of stairs and measure things like walking speed. Apple says you can browse highlights, trends and details in the **Activity** category, and more detailed walking measurements in **Mobility**.

You'll see	What it means
Steps	How many steps you took. Shown by day, week, month and year.
Walking + Running Distance	Roughly how far you went on foot.
Flights Climbed	Flights of stairs climbed.
Walking Speed	How quickly you usually walk on level ground.
Walking Asymmetry and Double Support Time	Measurements of how even your steps are and how long both feet are on the ground together. These feed Walking Steadiness.

STAY SAFE

Numbers in context

These measurements are estimates from a phone in your pocket, and they're only counted when you carry it. A sudden drop may simply mean the phone stayed home. A real, lasting change in how you walk is worth mentioning to your doctor — but the app can't tell you why it happened.

Pinning your steps to Summary

If you like to see your steps first thing, tap **Browse**, tap **Activity**, tap **Steps**, then scroll down and tap **Pin to Summary**. Or use the **Edit** button next to Pinned on the Summary screen (Chapter 3).

TIP

Watch the month, not the day

Switch the chart to **M** (month) or **Y** (year). A single quiet day means nothing; a steady slide over several months is the kind of pattern worth bringing up at a check-up.

GOOD TO KNOW

Apple Watch adds more

If you wear an Apple Watch, it adds exercise minutes, heart rate and more to the same Health app. Bill's *Apple Watch* manual explains the watch's Activity rings and workouts.

CHAPTER 20

Headphone Audio Levels & Reduce Loud Audio

If you listen with AirPods, EarPods or other compatible headphones, your iPhone keeps track of how loud the sound has been. Apple says that if you listen to loud headphone audio long enough to affect your hearing, the iPhone automatically sends a notification suggesting you turn it down — and the next time you connect your headphones, the volume starts lower. You can turn it back up if you choose.

STAY SAFE

Protect what you've got — and get your hearing checked

Headphone levels are about **listening habits**, not a test of your hearing. They can't tell you whether you have hearing loss. If you're having trouble hearing conversations or the TV, talk to your doctor or a hearing professional. Sudden hearing loss in one or both ears needs prompt medical attention — call your doctor right away.

Seeing your listening history

1. Open **Health**, tap **Browse**, then tap **Hearing**.
2. Tap **Headphone Audio Levels**.
3. Use the tabs at the top to see levels over a day, week, month or more (all in decibels).
4. Tap the information button to learn what the sound-level classifications mean.

To read past warnings, tap **Browse**, tap **Hearing**, then **Headphone Notifications**.

Capping loud sounds automatically

1. Open **Settings** and tap **Sounds & Haptics**.
2. Scroll down and tap **Headphone Safety**.
3. Turn on **Reduce Loud Audio**, then drag the slider to the highest level you want.

The iPhone then reduces any headphone sound above that level. On the same screen you can turn **Headphone Notifications** on or off — though Apple notes that in some countries or regions they're on by default and can't be turned off.

Checking the level while you listen

Add the **Hearing** control to Control Center: open Control Center, tap the plus button at the top left, tap **Add a Control**, scroll to **Hearing Accessibility**, and tap **Hearing**. While you listen, tap it to see a live headphone level meter.

GOOD TO KNOW

Most accurate with Apple or Beats headphones

Apple says headphone measurements are most accurate with Apple or Beats headphones. For other headphones, the level is estimated from your iPhone's volume. With an Apple Watch, the Noise app can also measure loud sounds around you, and those readings appear under Hearing too.

CHAPTER 21

Hearing Test, Hearing Aid & Hearing Protection

If you have **AirPods Pro 2** or **AirPods Pro 3**, Apple offers three hearing health features that work with your iPhone. Your results are stored in the Health app. Bill's *Hearing Help Tech* manual covers these in much more depth, including how they compare with other over-the-counter hearing aids.

STAY SAFE

Who these are for — and who should see a professional first

Apple says the **Hearing Test** is for people **18 and older**, and the **Hearing Aid** feature is for people 18 and older with **perceived mild to moderate** hearing loss. Both are subject to regulatory authorization and aren't available in all countries or regions. A test result is not a full medical exam. See a doctor or hearing professional if you have ear pain, drainage, dizziness, ringing, sudden hearing loss, or hearing loss in just one ear.

The Hearing Test

The test takes about five minutes in a quiet room. You tap the screen each time you hear a tone. At the end you see your results — including a hearing loss classification — and recommended next steps. Apple notes results can be affected if you've had a cold, sinus or ear infection or been somewhere very loud in the last 24 hours, or if your allergies are bothering you.

1. Put in your AirPods Pro 2 or AirPods Pro 3 and make sure they're connected and charged.
2. Open **Health**, tap **Browse**, tap **Hearing**, scroll to **Get More From Health**, and tap **Take Hearing Test**. (Or open **Settings**, tap your AirPods' name near the top, tap **Hearing Health** if you see it, then **Take a Hearing Test**.)
3. Tap **Get Started** and follow the instructions. It may ask you to find a quieter spot or adjust the fit of your AirPods.
4. Afterward, you can review the results in Health and export a PDF of your audiogram (the hearing chart) to share with your hearing healthcare professional.

The Hearing Aid feature

Apple calls this a **clinical-grade** Hearing Aid feature. It uses your Hearing Test result — or an audiogram from your hearing professional — to adjust sounds to match your hearing. To

set it up: with your AirPods in and connected, open **Settings**, tap your AirPods' name, tap **Hearing Health**, then **Hearing Assistance**, and follow the steps. Apple advises making small adjustments over time while you get used to it.

Hearing Protection

With a proper ear-tip fit, Apple says AirPods Pro 2 and AirPods Pro 3 help reduce your exposure to loud environmental noise across listening modes. It's on by default when a listening mode is on, and off when the AirPods' battery is empty or the Off listening mode is chosen. Apple notes it isn't suitable for extremely loud impulse sounds such as gunfire, fireworks or jackhammers, or sustained sounds louder than 110 dBA.

GOOD TO KNOW

What you need

AirPods Pro 2 or AirPods Pro 3 with the latest firmware, and an iPhone or iPad with the latest software. Other AirPods models don't offer these three features. Hearing Aid settings are stored on the AirPods, so they keep working with your last settings even if your phone isn't nearby.

FROM BILL

Try it, then share it

Taking the Hearing Test at home is easy and private, and the PDF is a useful thing to bring to a hearing appointment. If you'd like a hand pairing AirPods, getting the fit right, or setting up the Hearing Aid feature, I'm glad to help.

PART 7

Privacy, Scams & Fixing Problems

How your health information is protected, the tricks scammers use around health and Medicare, and calm fixes for the little hiccups you might meet.

CHAPTER 22

Keeping Your Health Data Private

Health information is about as personal as it gets, so it's worth knowing how the Health app protects it — and the few things you can do to keep it that way.

How Apple protects it

Where	What Apple says
On your iPhone	Apple says that when your iPhone is locked with Face ID, Touch ID or a passcode, all the health data in the Health app — other than what you put in your Medical ID — is encrypted (scrambled so it can't be read).
In iCloud	If you're signed in with your Apple Account, your Health data is stored in iCloud automatically. Apple says it's encrypted while traveling between iCloud and your device and while stored in iCloud.
Medical ID	The one part that's deliberately readable from the Lock Screen — if you turn on Show When Locked — so helpers can see it in an emergency.
Sharing	Nothing is shared with family, doctors or apps unless you set it up, and you can stop at any time.

Your part: four habits

1. **Use a passcode** on your iPhone. The encryption above depends on the phone being locked.
2. **Review app permissions** now and then: Health, tap **Summary**, your **picture or initials**, then under **Privacy** tap **Apps**. Turn off anything you no longer use.
3. **Review who you're sharing with**: tap **Sharing** and look at the list. Stop sharing with anyone who no longer needs it.
4. **Keep your Medical ID to emergency facts.** Anyone who picks up your phone can read it if Show When Locked is on, so leave out anything you wouldn't want a stranger to see.

Turning iCloud syncing for Health on or off

Open **Settings**, tap your **name**, tap **iCloud**, tap **Show All**, tap **Health**, then turn **Sync with iPhone** on or off. Keeping it on means a new iPhone gets your Health data back. If you don't use iCloud, Apple says you can protect Health data by making an **encrypted** backup on a computer instead.

STAY SAFE

Your data, your decisions

Before sharing with anyone or any app, ask: would I be comfortable if this information were seen by someone else? If not, don't share it. And remember the most important health information belongs with your doctor, not an app — if something worries you, call them.

GOOD TO KNOW

Deleting data

You can delete individual readings: tap **Browse**, open a category, tap **Show All Data** under Options, swipe left on a record and tap **Delete**. Deleting is permanent, so only remove data you're sure you don't want — your doctor may find a long history useful.

CHAPTER 23

Health Scams to Watch For

Scammers love health topics because they can mix fear and urgency with official-sounding names — Medicare, Apple, your pharmacy, your doctor's office. Here are the tricks that touch on the Health app and how to spot them.

SCAM ALERT

“Your Apple Health account has been compromised”

Apple doesn't call, text or email to say your Health app is hacked, and there's no separate “Apple Health account” to unlock. Anyone who asks you to read out a code, install an app, or sign in through a link to “secure your health data” is a scammer. Hang up or delete the message.

SCAM ALERT

“Connect your Medicare records to Apple Health — just give us your number”

No one legitimate needs your Medicare number over the phone to set up the Health app. Health Records connect only through the Health app itself, using your own doctor's patient portal sign-in (Chapter 13). If someone calls offering to “link” your records, a free device or genetic test, hang up.

SCAM ALERT

Fake health apps that ask for everything

Some apps promise to “read” your Health data and tell you what's wrong with you, or to detect disease with your phone. Be very wary. Download only well-known apps from the App Store, read the Health permission screen carefully, and never give an app access just because it says it needs it to “scan for problems.” No phone app replaces your doctor.

SCAM ALERT

“Your lab results are ready — click here”

Real offices do send result notices, but scammers copy them. Don't tap the link. Instead, open your doctor's portal app or the Health app yourself, the way you normally do, and look there. If you're unsure, call the office using the number on your appointment card or bill.

The rules that beat every one of these

1. **Slow down.** Real medical offices and Apple don't demand action in the next ten minutes.
2. **Never read out a code** sent to your phone, and never share a password, to anyone who contacted you.
3. **Go to the source yourself** — open the app or call the number you already have, not the one in the message.
4. **Check with someone you trust** before you act. A quick call to family, your pharmacist, or me can save a lot of trouble.

FROM BILL

Always happy to take a look

If a call, text or email about your health information doesn't feel right, stop and call me at (330) 200-8042 before you do anything. I'd much rather check something harmless than help clean up after a scam. Bill's *Spotting & Avoiding Scams* manual covers the wider world of scams in depth.

CHAPTER 24

Fixing Common Problems

Most Health app hiccups have simple causes. Here are the ones people run into most, with what to try.

Problem	What to try
My steps look too low	Steps are only counted when you carry the iPhone (or wear an Apple Watch). A phone left on the counter counts nothing.
No Walking Steadiness data	Carry the iPhone in a pocket or holster near your waist while you walk, and give it time. Make sure notifications are set up in the Health Checklist (Chapter 18).
I can't find a feature	Check the Health Checklist (Chapter 5). Some features aren't offered in all countries, some have age limits, and some need an Apple Watch or AirPods Pro 2 or 3.
Medication reminders don't appear	Check that the medication has a schedule (not just “as needed”), and that Health notifications are allowed in **Settings > Apps > Health > Notifications**. A Focus can silence them unless you turn on Critical Alerts (Chapter 10).
Health records stopped updating	Tap **Browse**, scroll to your accounts, tap the provider, and sign in again if asked. Expired portal passwords are the usual cause.
My doctor's office isn't listed	Not all offices support Health Records. Use their own portal instead, and ask at your next visit.
Data isn't showing on my iPad or watch	Apple says devices must be signed in to the same Apple Account, be online, and be updated to the latest software. Check iCloud's Health switch too (Chapter 22).
An app's data isn't appearing	Check the app's permission: Health, your **picture or initials**, **Apps**, then the app, and make sure it's allowed to write that category.

The two all-purpose fixes

1. **Update your iPhone.** Open **Settings**, tap **General**, tap **Software Update**, and install anything waiting. Many fixes and new health features arrive this way.
2. **Restart the iPhone.** Turn it off and on again. It clears up many small glitches and doesn't erase anything.

STAY SAFE

When the problem is you, not the app

If you're struggling with an app while feeling unwell — dizzy, short of breath, in pain — put the phone down and get help. Call your doctor, or **911** in an emergency. No app problem is ever more important than how you feel.

TIP

Apple's own help

For questions about the Health app itself, Apple's free help pages at support.apple.com, and the Apple Support app, are reliable sources. Be cautious of “Apple support” phone numbers found through web searches or pop-ups — scammers advertise fake ones.

PART 8

Getting Help & Your Cheat-Sheet

An honest word about when a hand is worth it, and a one-page summary to keep by your phone.

CHAPTER 25

When to Call Bill

This guide should carry you a long way on your own. But some parts of the Health app go faster with a patient person beside you, and I'd rather you call than give up.

Times a visit is well worth it

- **Filling in your Medical ID** and emergency contacts properly, and checking they show from the Lock Screen.
- **Entering a long medication list** with the bottles on the table, and setting up reminders that suit your day.
- **Connecting a patient portal** to Health Records — often the sticking point is a forgotten portal password, which we can sort out with the office together. You type the password; I explain the screens.
- **Setting up Health Sharing** between you and a family member, on both phones, so everyone knows what they'll see.
- **Pairing AirPods Pro** and getting the Hearing Test and Hearing Aid features working.
- **Pairing a blood-pressure cuff or scale** so its readings flow into Health.

STAY SAFE

What I can't do

I'm a technology helper, not a medical professional. I can show you where a number lives and how to share it, but I can't tell you what it means for your health. That's a conversation for your doctor. And in an emergency, call 911 — not me.

How it works

Bill's help is **$49 remote · $99 in your home**. I work at your pace, explain what I'm doing in plain words, and never touch anything private without asking. These guides are free; my time is how I make a living, and I'll always tell you the cost up front.

FROM BILL

How to reach me

Call **(330) 200-8042**, or book at **billshometech.com/book**. If I'm with another customer, Sophie, my AI receptionist, can answer the phone, take your details and book a time for you. Bill's Home Tech serves Portage County, Ohio.

Thank you for reading. Take your time, set up the Medical ID first, and remember: the Health app is a helpful notebook, and your doctor is the expert.

— Bill

CHAPTER 26

Your Health App Cheat-Sheet

Print this page and keep it by your phone. The whole guide, boiled down.

STAY SAFE

Remember

The Health app is not a doctor. Notifications are not diagnoses. Talk to your doctor about what the numbers mean. **In an emergency, call 911.**

Where things are

To find	Go to
Medical ID	Health > Summary > your picture > **Medical ID**
Health Details	Health > Summary > your picture > **Health Details**
Health Checklist	Health > Summary > your picture > **Health Checklist**
Health Records	Health > Summary > your picture > **Health Records**
Medications	Health > Browse > **Medications**
Walking Steadiness	Health > Browse > Mobility > **Walking Steadiness**
Headphone levels	Health > Browse > Hearing > **Headphone Audio Levels**
Sharing with family	Health > **Sharing** > Share with Someone
App permissions	Health > Summary > your picture > Privacy > **Apps**
Reduce Loud Audio	Settings > Sounds & Haptics > **Headphone Safety**

“Browse” is labeled **Browse** on iOS 27; on iOS 26 tap the **Search** magnifying glass at the bottom right.

Write it down once

Keep handy	
My emergency contacts	_____
My doctor's office and phone	_____
My pharmacy and phone	_____
Patient portal website	_____

Keep handy

Who I share Health data with _____

Once-a-year check

- Medical ID up to date? Medicines, allergies, contacts.
- Medication list matches your bottles? Print a fresh PDF.
- Health Checklist — anything new worth turning on?
- Sharing and app permissions — still the right people and apps?

WHAT THIS DOES FOR YOU

You've got this

You can now set up a Medical ID, keep a medication list with reminders, bring in your records, share with family on your own terms, and understand your walking and hearing information. Keep this guide handy, and call me at (330) 200-8042 if you'd like a hand.