Track and Share
Your Health Data

Wherever you are on your health journey, VA can help you stay on track. VA tools enable you to regularly monitor your important health data — such as blood pressure, heart rate, weight, and sleep.

The health data that you collect in your daily life, outside of a clinical setting, is known as **patient-generated health data (PGHD).**

You can choose to share PGHD electronically with your VA care team. With this information, your VA care team can:

- See trends in your day-to-day health and well-being.
- Recognize symptoms or health issues before they become more serious.
- Make better-informed recommendations and decisions about your care.

Ways To Securely Share Your PGHD

My healthevet
www.myhealth.va.gov

My Health*e*Vet's **Shared Vitals** feature enables you to log your vitals and send them to your VA care team.

VAHealth
SMHD

With the **Share My Health Data** app, you can sync with Bluetooth and wearable devices to view and share your health data.

VA *App Store*

Use VA Mobile apps, including **Annie** and **My VA Images**, to send your health data to your VA care team.

» **Learn more about PGHD:** *connectedcare.va.gov/PGHD*

Talk with your VA care team to make a plan about sharing and reviewing your health data.

Sharing PGHD electronically with VA is not intended for emergencies. If your health data reading is abnormal and you believe you are experiencing a medical emergency, call 911.

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Veterans Health Administration
Office of Connected Care