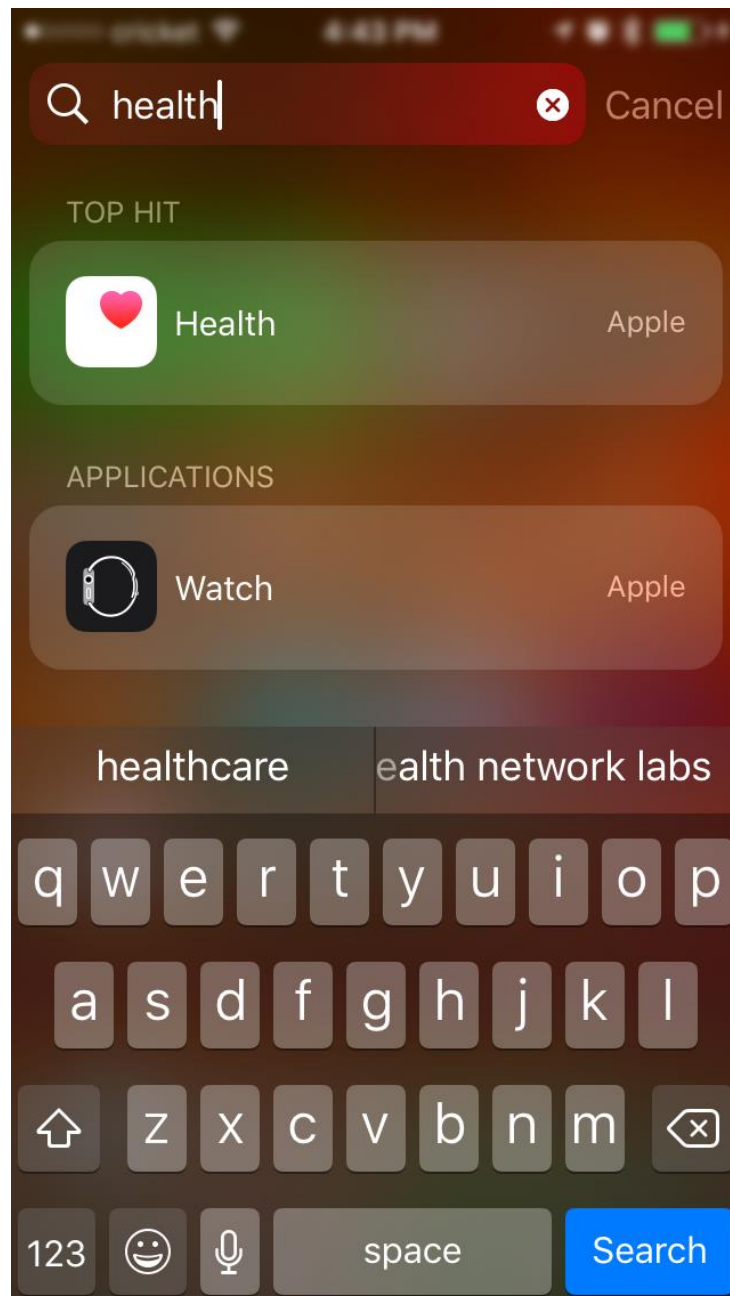
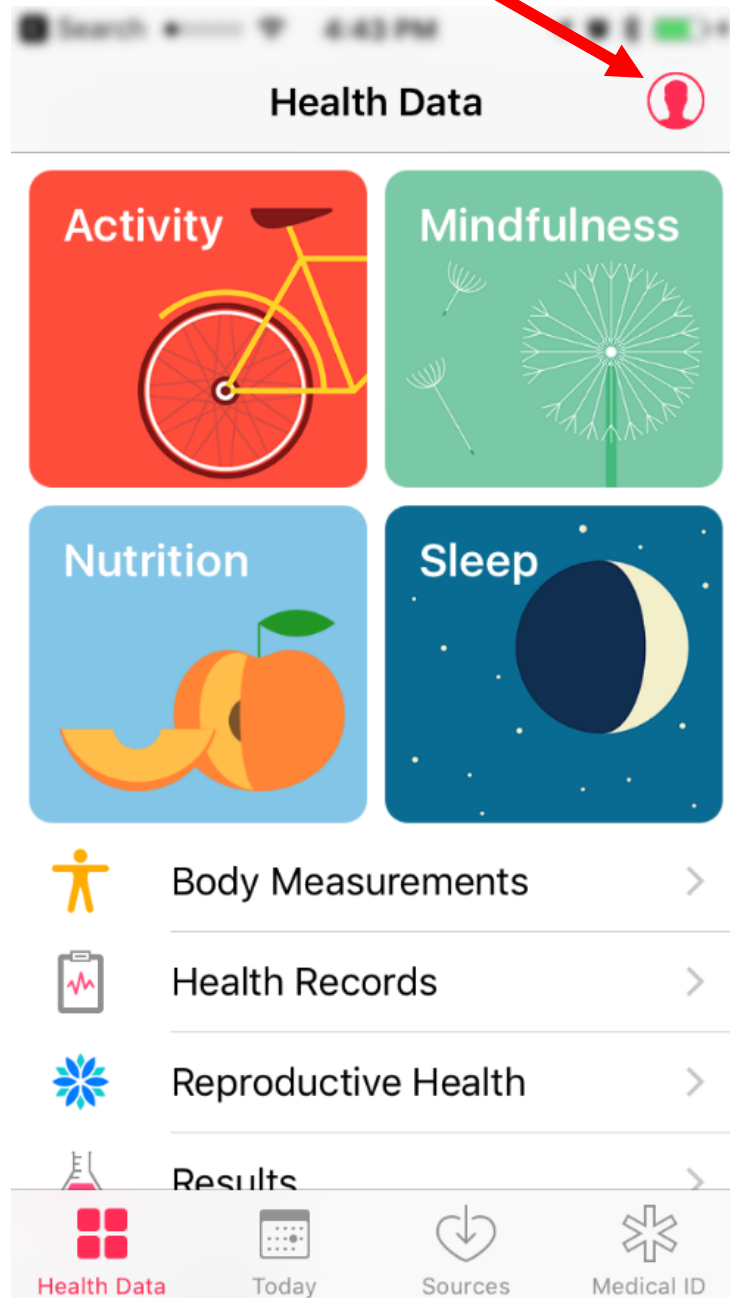


Apple Health Data Export Instructions

1. Open or search for the “Health” app from your home screen.



2. Once the app opens, you will see the screen below. Tap on the red profile icon in the top right of the app.



3. The screen below will then open. Scroll down to “Export Health Data” and click on the button. It will ask you if you are sure, click “Export”. Select how you want to get the data file. You can email it to using “Mail” or “Gmail” (whatever you use to check your email) or save it to a cloud service like Dropbox. The file will be in zip format and called “export.zip”.

