

# How to Access and Share Your Health Data

You have the right to your health data. You can use your health data in applications on your mobile devices or certain websites.

## MyChart App

The MyChart App connects you to your doctor's office to let you access your health data from your Android or Apple phone. You can use MyChart to:

- Communicate with your doctor
- Check your test results
- Request refills

To get MyChart, search your device's app store for "MyChart" by Epic, or go to <https://myfmhc.org>



## Other Apps

You can also use your MyChart login to connect other apps to your health information. These third-party apps use your permission and MyChart login to access your health information.

Once you give access, the link to MyChart gives the app access to your health data, including:

- Allergies
- Conditions
- Family History
- Immunizations
- Lab results
- Medications
- Procedures
- Smoking status
- Vital signs

To connect your health data from your doctor's office to an app, choose an app from an app store or the web.

When you are asked to load your data into the app, it will launch a link to the MyChart login page. You will enter your MyChart username and password here, not directly in the app.

You will have to renew your MyChart login information regularly to update your connection between your data and the apps you choose.

**Warning:** The system and your provider DO NOT test or verify third party apps. Please verify you trust the app developer before allowing access to your health care data to protect you from identity theft.



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