



---

## PATIENT & CAREGIVER EDUCATION

# How To Set Up Your iHealth® Pulse Oximeter

This information explains how to set up your iHealth pulse oximeter so it automatically sends your results to your MSK healthcare provider.

A pulse oximeter is a device you place on your finger. It measures your blood oxygen level (how much oxygen is in your blood) and pulse rate (how fast your heart is beating). These measurements show how well oxygen is getting to different areas of your body.

Your iHealth pulse oximeter records your results in your iHealth account. Linking your iHealth account to your MyMSK (MSK patient portal) account lets it automatically send your results to your MSK healthcare provider. This will help them make decisions about your care while you're at home.

## How to connect your iHealth account to your MyMSK account

If you don't already have the MyMSK and iHealth MyVitals applications (apps) on your smartphone or tablet, download them now.

1. Open the MyMSK app on your smartphone or tablet (see Figure 1) and log in (see Figure 2).

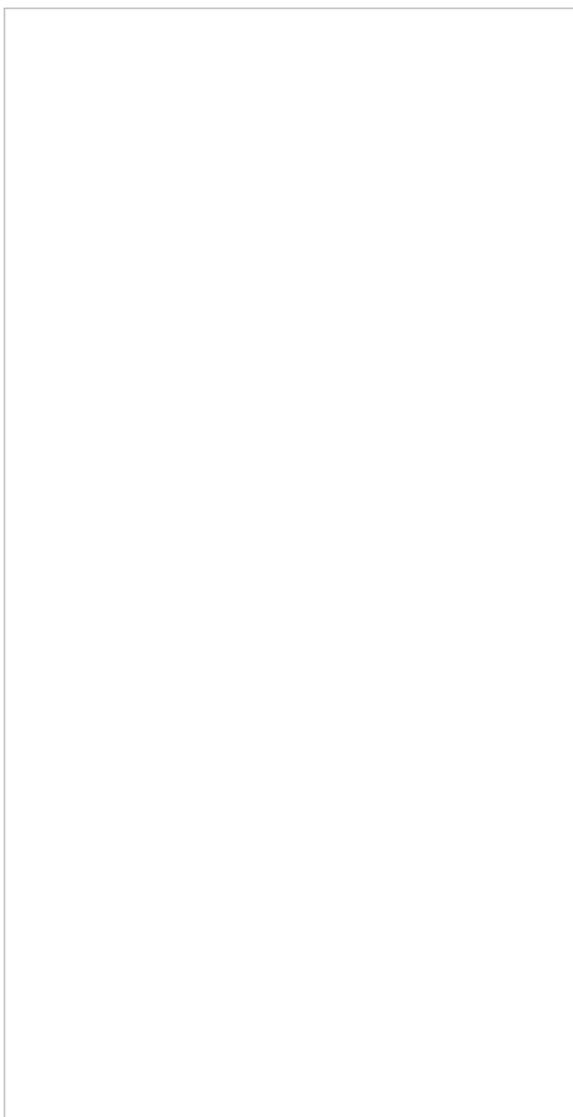


Figure 1. The app login screen

---

2. From the homepage, select the Messages tile (see Figure 2).



Figure 2. The messages tile

---

3. Tap the message from “iHealth Pulse Ox Invite” (see Figure 3). Review the patient education resource links. Once you have reviewed, tap the “iHealth” link in the the body of the message (see Figure 4).

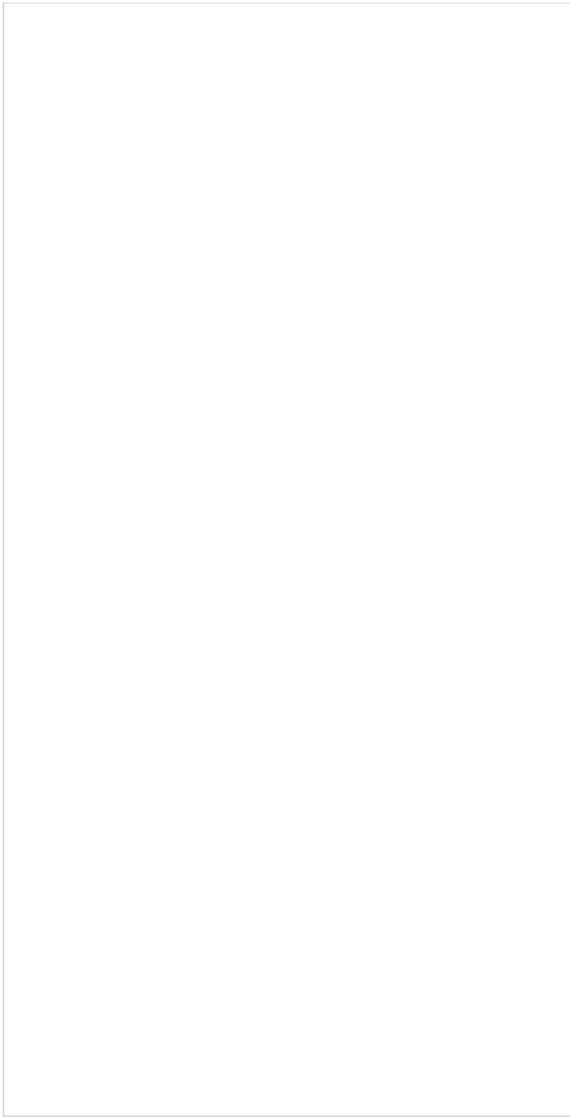


Figure 3. Tap the message to open it

---

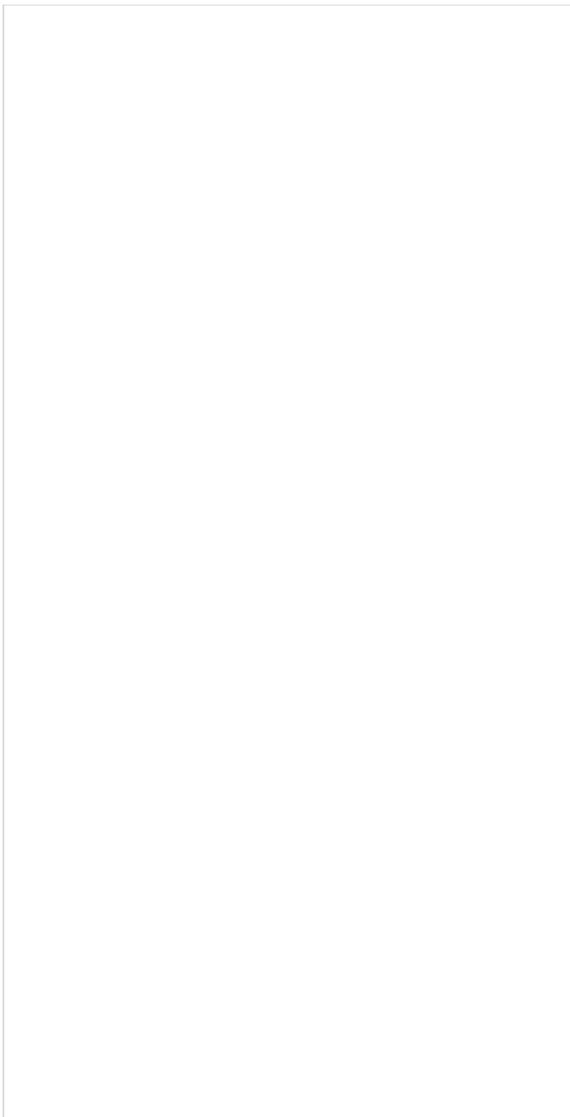


Figure 4. Tap the link in the message

---

4. The link will bring you to the iHealth login page (see Figure 5). This is different from the MyMSK login. Tap “Create Account” and follow the steps to make an iHealth account.



Figure 5. iHealth login screen

---

5. Once you've created an iHealth account, you'll see a screen asking to access your iHealth data. Don't uncheck any of the boxes. Scroll to the bottom and tap "Link" (see Figure 6). Once you have linked your pulse ox to MSK it will appear in the Remote Monitoring section of the MyMSK app. (see Figure 7). Your iHealth account is now linked with your MyMSK account.

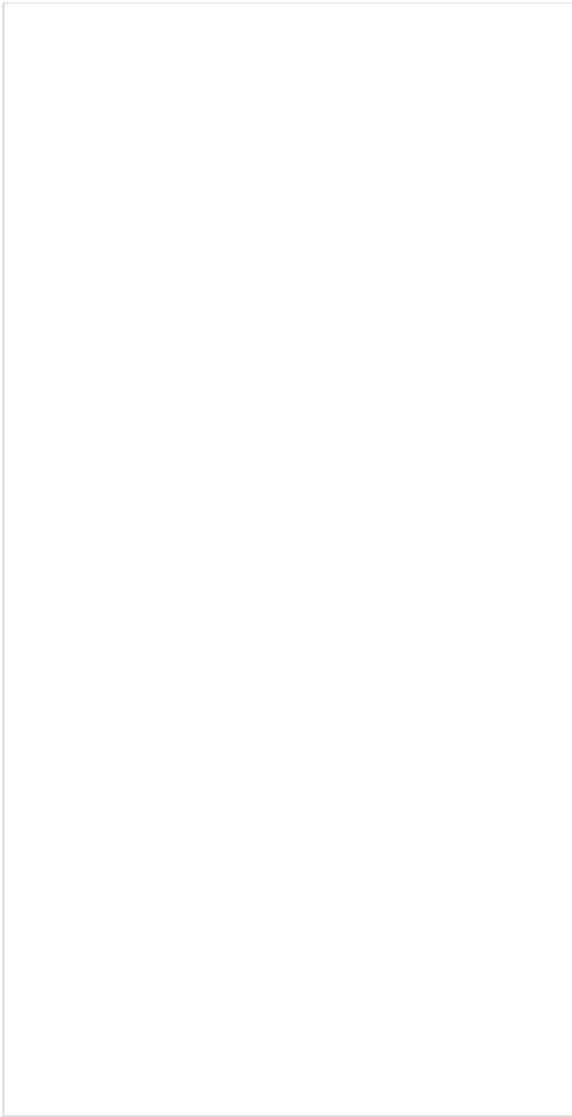


Figure 6. Tap “link”

---

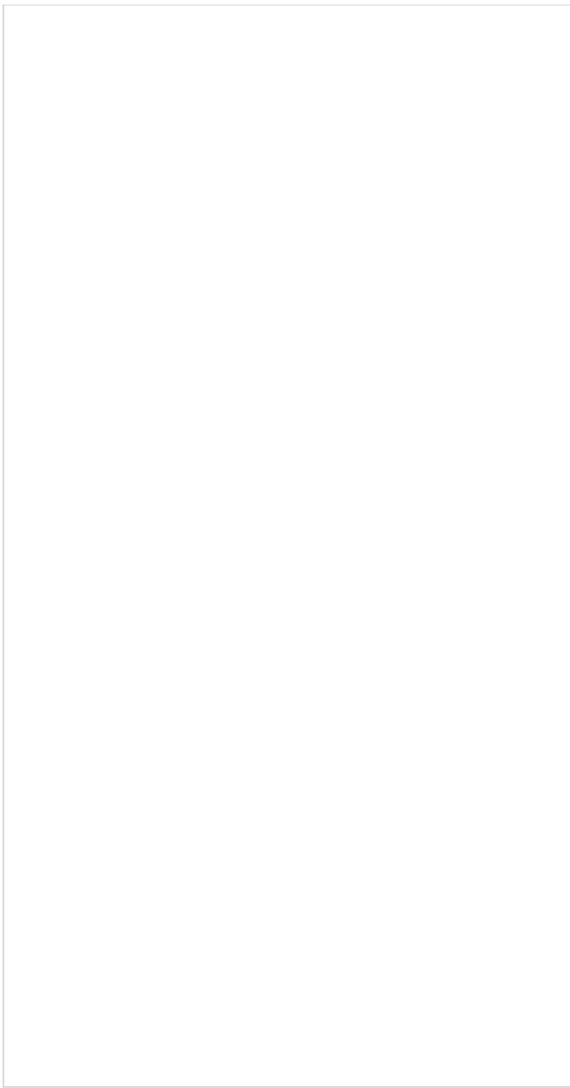


Figure 7. iHealth in MyMSK

---

## **How to connect your iHealth pulse oximeter to your iHealth account**

Before you start, make sure your smartphone or tablet has Bluetooth turned on.

1. Open the iHealth MyVitals app on your smartphone or tablet (see Figure 9).
  - The app may ask for permission to access Bluetooth. If it does, tap “OK.” If you don’t allow it to access

Bluetooth, the app won't be able to connect to the iHealth pulse oximeter.

- The app may ask for permission to send you notifications. If it does, you can choose if you want to allow them.
- The app may ask for permission to access other apps on your smartphone or tablet (such as Health). If it does, you can choose if you want to let it.
- If needed, log in using the email and password you used when you made the account (see Figure 9).

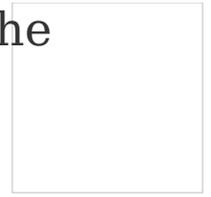


Figure 8.  
The  
iHealth  
MyVitals  
app icon



Figure 9. iHealth My Vitals  
app login screen

---

2. Select your Region and select “Next” (see Figure 10).



Figure 10. Select region

---

3. Enter your information and select “Create” (see Figure 11).

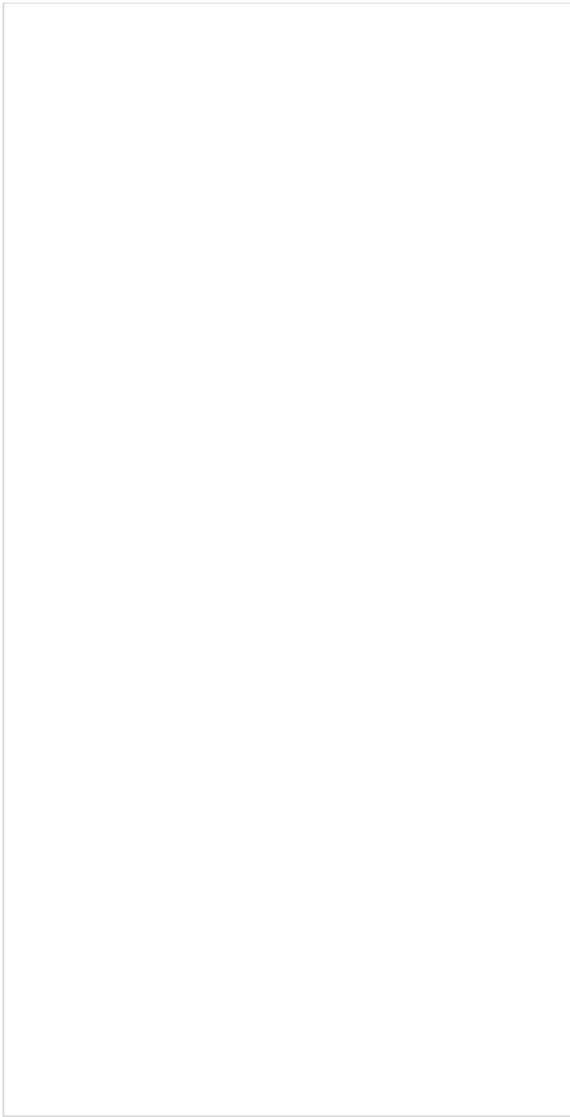


Figure 11. Information setup

---

5. Your account has been created. Select “Get Started” to continue (see Figure 12).



Figure 12. Account created

---

5. Review the prompt to connect your Health Kit account to the iHealth MyVitals app. Select “No” (see Figure 13).

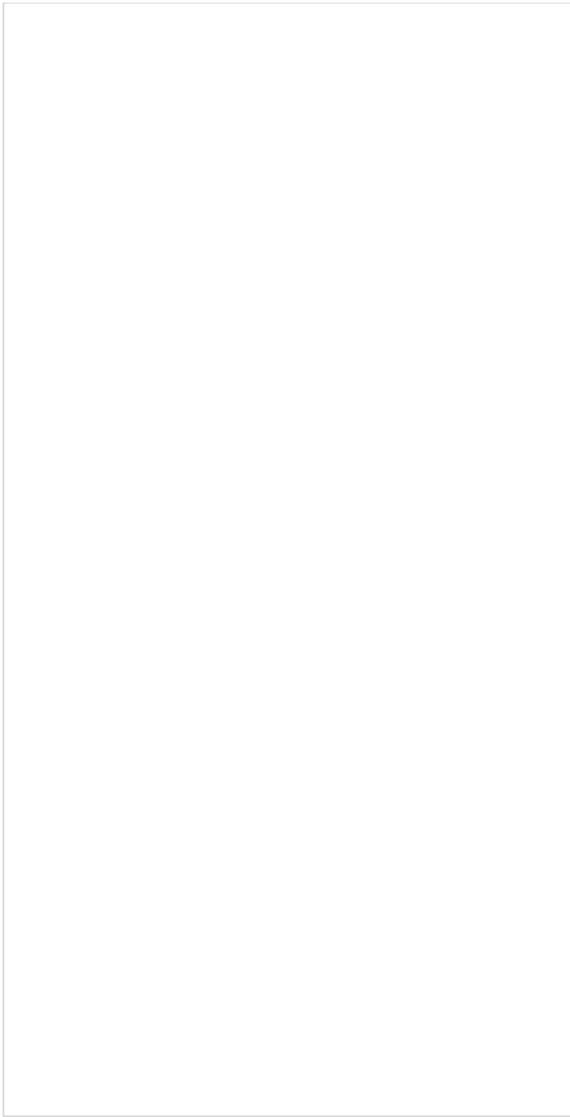


Figure 13. Health Kit  
prompt

---

6. Click “Select a new device” (see Figure 14).



Figure 14. Select new device screen

---

7. Select “Pulse Oximeters” (see Figure 15).

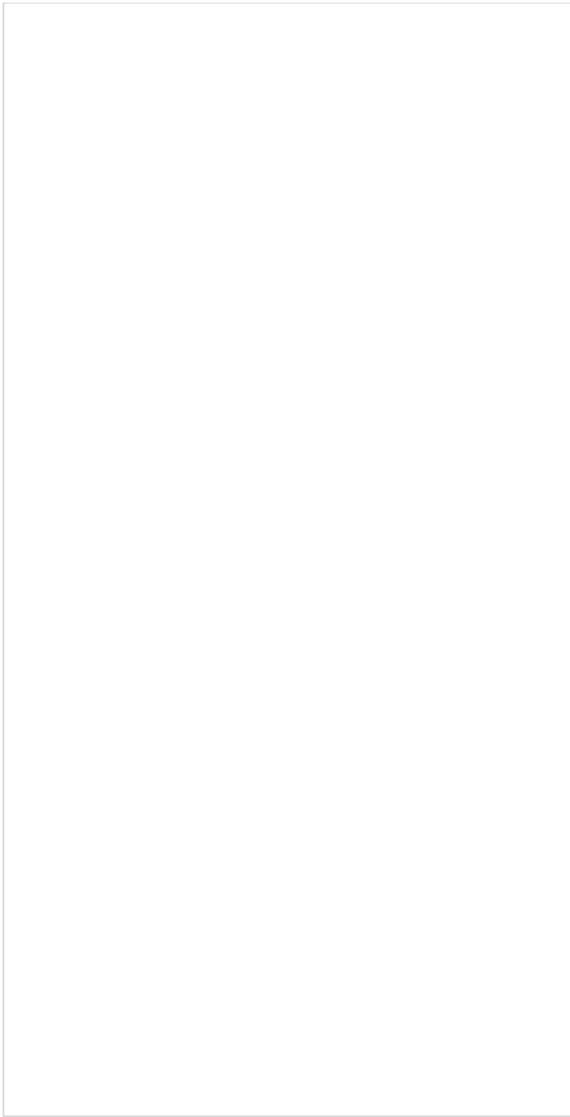


Figure 15. Select Pulse Oximeters screen

---

8. Select “Air” (see Figure 16).



Figure 16. Select model  
“Air” screen

---

9. Click “OK” when asked to connect to Bluetooth (see Figure 17).



Figure 17. Bluetooth prompt

---

0. Connect your iHealth pulse oximeter device to the charger and plug it in. If the display on your iHealth pulse oximeter device is not lit up, press the button to turn it on. Then tap “Next” at the bottom of your smartphone or tablet’s screen (see Figure 18).



Figure 18. Setup device screen

---

1. A pop-up with your pulse oximeter's serial number will appear (see Figure 19). Tap the serial number. After a few seconds, it will confirm your iHealth pulse oximeter is connected and ready to use (see Figure 20).

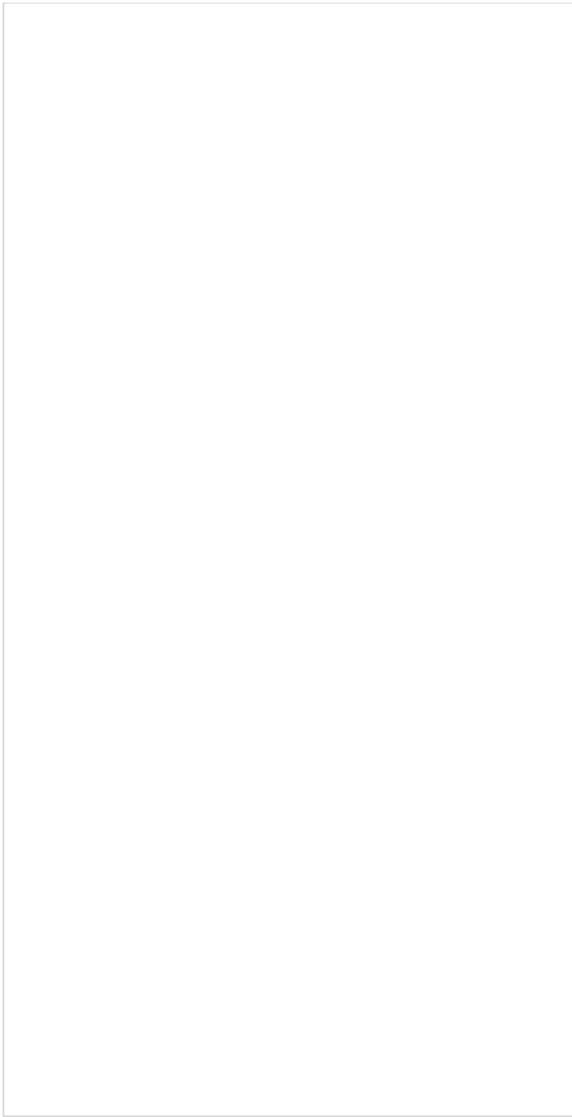


Figure 19. Select pulse oximeter serial number

---

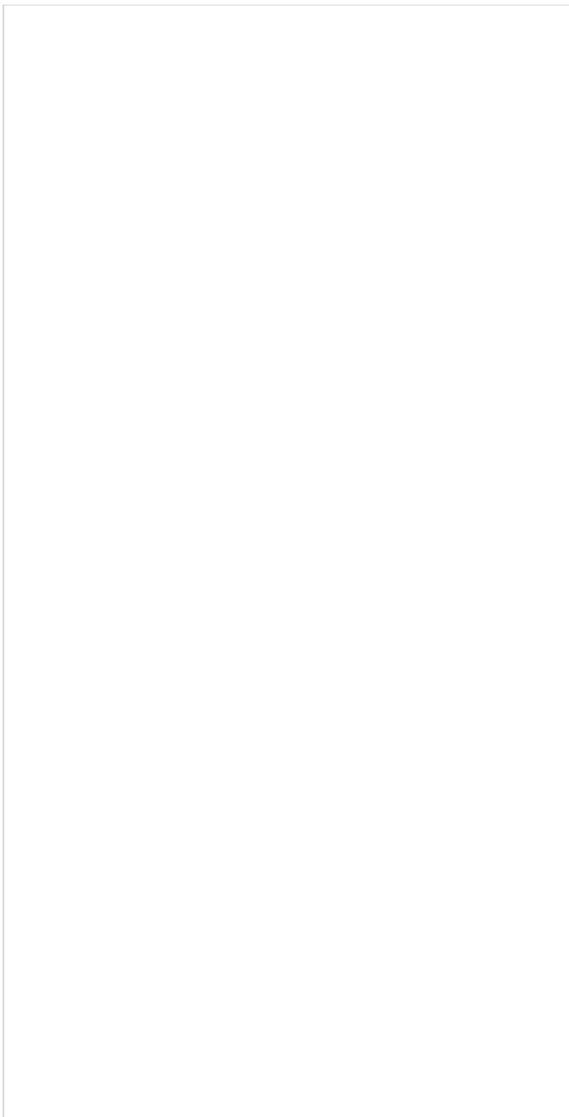


Figure 20. iHealth pulse oximeter successfully connected

---

## **How to use your iHealth pulse oximeter**

When you use your iHealth pulse oximeter, you'll use the iHealth MyVitals app. You don't need to sign into MyMSK or open the MyMSK app.

For instructions for using your iHealth Pulse Oximeter, read the resource *How To Use Your iHealth® Pulse Oximeter* ([https://sandbox18.mskcc.org/pe/use\\_ihealth\\_pulse\\_oximeter](https://sandbox18.mskcc.org/pe/use_ihealth_pulse_oximeter)).

## Contact information

If you need help with your iHealth pulse oximeter, call your healthcare provider's office.

If you need help with your MyMSK account or app, call the MyMSK help desk at 646-227-2593 or email [mymsk@mskcc.org](mailto:mymsk@mskcc.org).

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

---

How To Set Up Your iHealth® Pulse Oximeter - Last updated on May 6, 2024

All rights owned and reserved by Memorial Sloan Kettering Cancer Center