

How to set up Health Profile on iPhone is very simple, anyone can do it

Nowadays, users are very concerned about health. If you can't afford a health tracker or smart watch, take advantage of the Health app on your iPhone. This article will guide you in detail how to install and use the Health app on iPhone.

Health is a valuable asset of each of us, in order to be able to control our weight, evaluate body condition every day, the Health application is considered as a companion on the iPhone. The Health app helps you store lots of data from your most commonly used health apps to see them all in one place.

It provides you with information about daily exercise status such as walking, cycling . sleep control or daily health monitoring status. You can sync data from the Health app on your iPhone to get the latest information.

Instructions for setting up Health Profile

Step 1: First, open the Health app on your iPhone and tap the Summary tab.

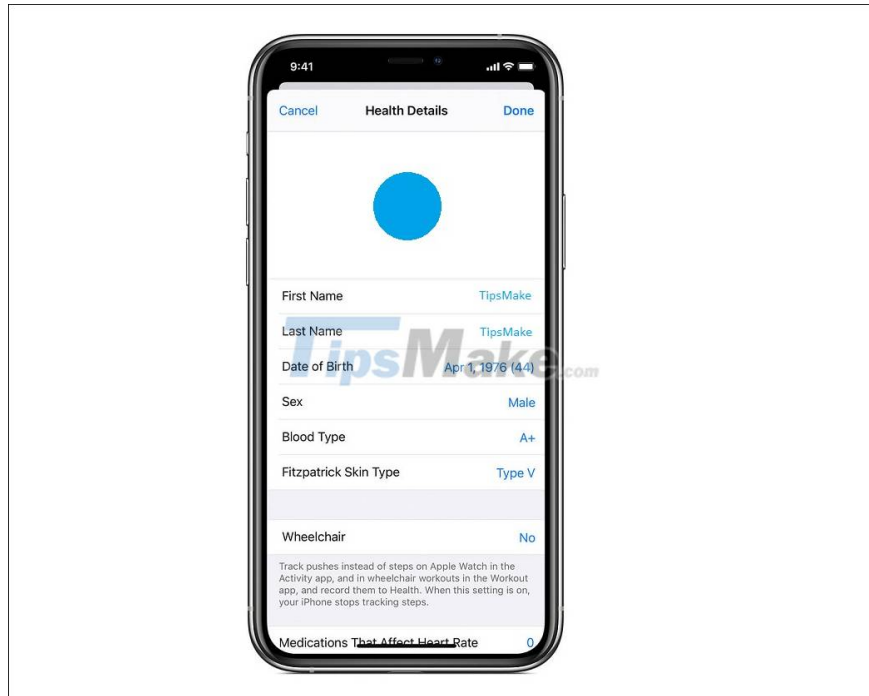
Step 2: Click to select your profile picture in the upper right corner of the screen.

Step 3: Click on Health Details -> Edit.

Step 4: You update your information in the app, such as height, weight, age.

Step 5: Click Done to finish.

Alternatively, you can set up Medical ID or register for an organ donation right in the health software on your iPhone.



For iOS 14, after setting up Health Profile, you can review your initial Health Checklist from the Summary tab. Health Checklist helps users to enable available health monitoring features. You can also click on the profile picture in the upper right corner, then click Health Checklist to access it.

Navigation instructions on the dashboard (Dashboard)

Health is the default app on the iPhone, so there's no need to download and install it. So we just need to open the app and use it.

Step 1: Open the Health app on the iPhone screen.

Step 2: Click on the Dashboard button (the same image as the chart).

Step 3: Click on a time period to view information for that period: Day, Week, Month, Year.



Step 4: Next, you swipe up and down to see personal health categories.

Step 5: Finally, go to each item to see detailed information.



How to display health data on Dashboard

To display health data on Dashboard on iPhone, follow these steps.

Step 1: Open the Health app.

Step 2: Click on Health Data at the bottom of the screen.

Step 3: Click on the category you want to display on the Dashboard. In this case we choose Active Energy.

Step 4: Finally, Enable the Show in Dashboard button. Active Energy will appear on the Dashboard.

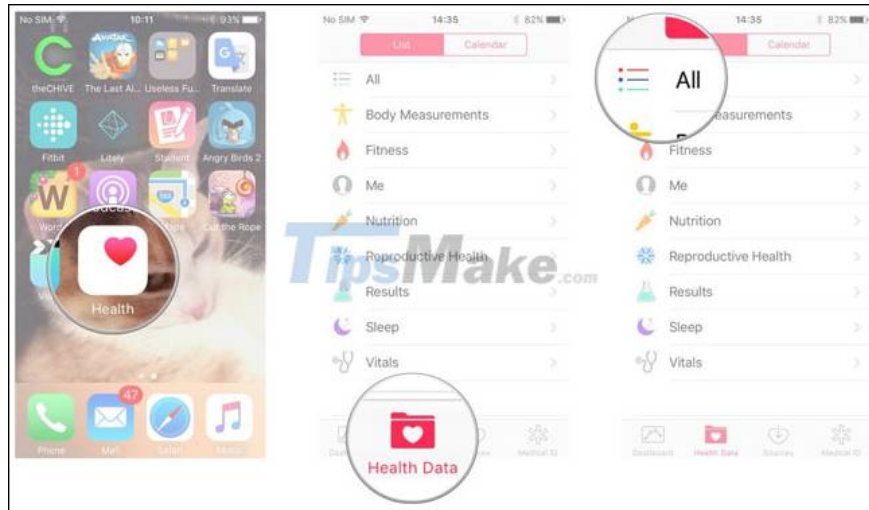


How to use health apps on iPhone

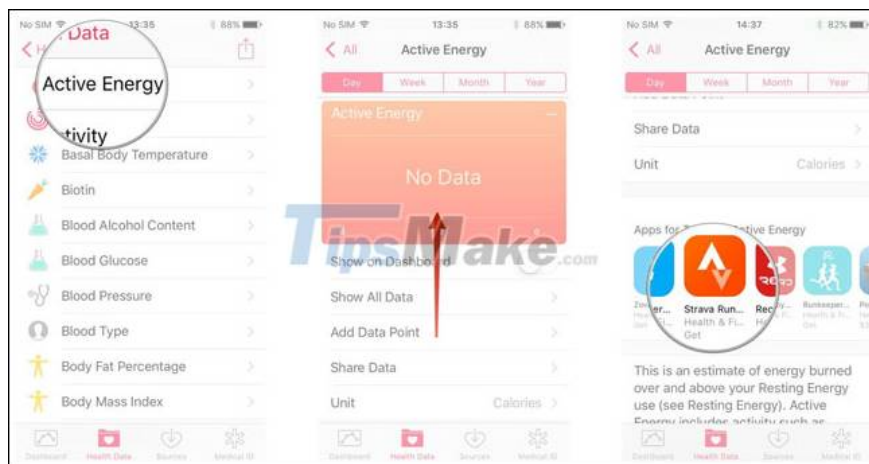
First, open the Health app from the home screen.

- Click on Health Data at the bottom of the screen.

- Click on All



- Tap on any category, such as Active Energy.
- Swipe up to find suggested apps to help follow this category.
- Click on the desired app to open on the App Store and download.



Instructions to turn on the Medical ID view in an emergency

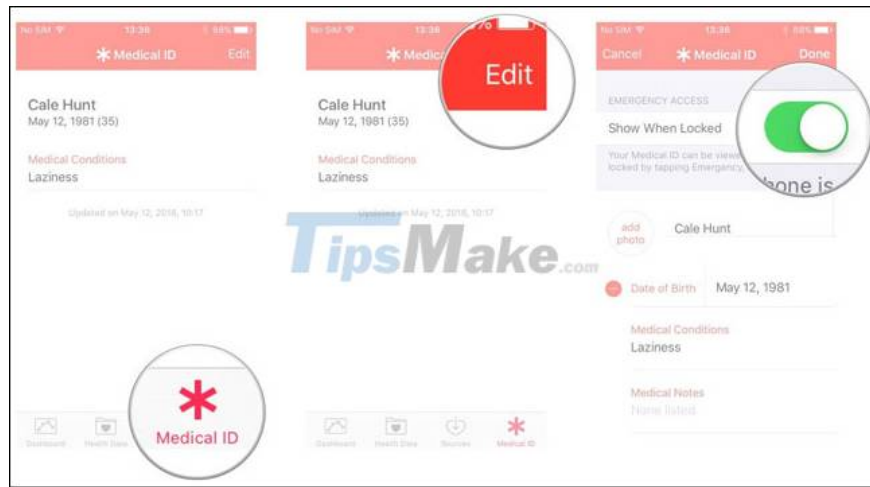
To enable Medical ID view in emergency, do the following:

Open the Health app on the home screen.

- Click Medical ID.

- Tap Edit.

Turn on the option Show When Locked.



As is their accessibility has guided all frequencies using iPhone apps Health. Thank you for consulting the article. Good luck.

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