

How to Share Health Data on iPhone

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Step 1:

We need to enable iCloud sync for the Health app on iPhone. Go to Settings then select iCloud and enable data sync for the Health app on iPhone.

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< iCloud

iCloud



Health

Your health and fitness information on this iPhone can be automatically stored in iCloud. This data is encrypted on your iPhone as well as when stored in iCloud and cannot be read by Apple.

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Sync this iPhone

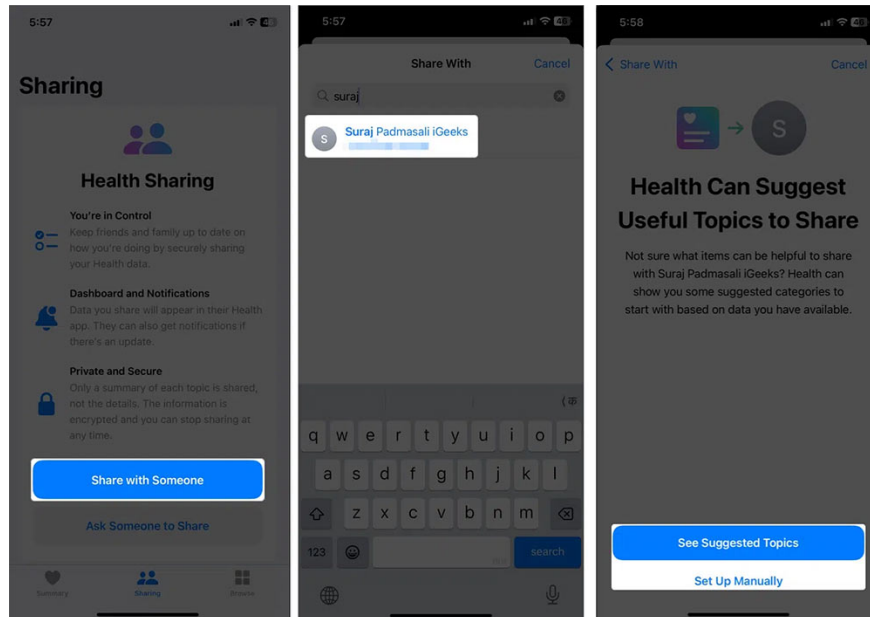


Manage Storage

2.40 MB >

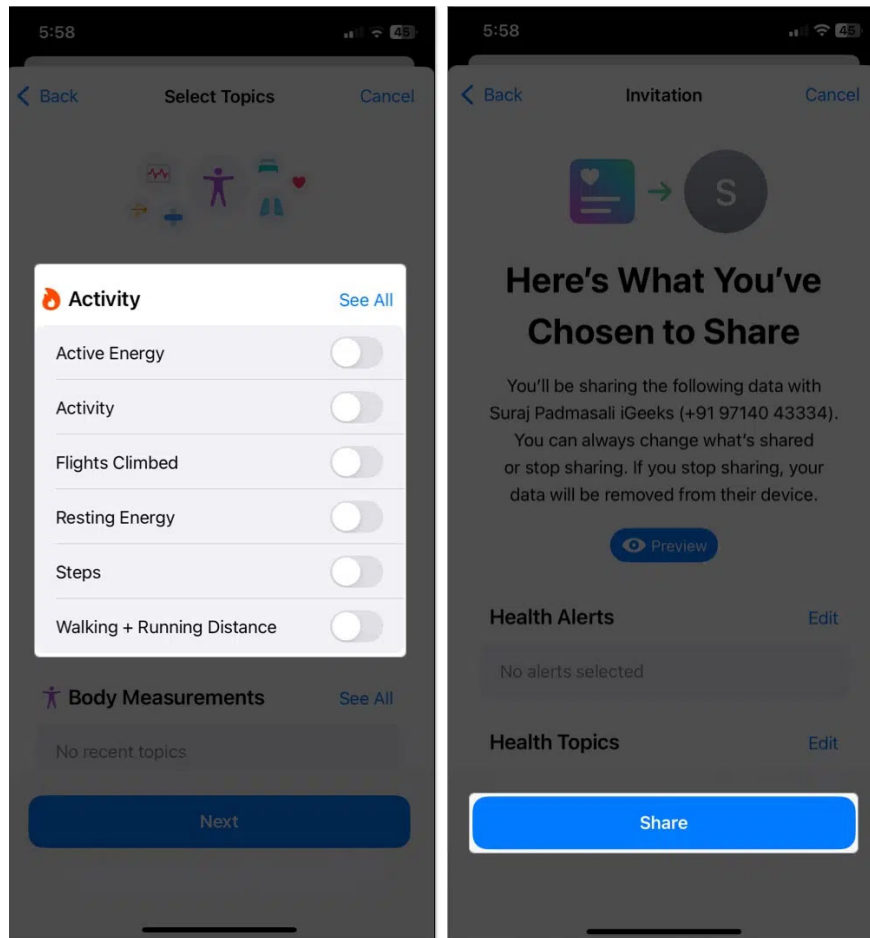
Step 2:

Next, we need to enable two-factor authentication for the Apple ID . The person sharing the data must be in your contacts with their iCloud email. You **tap on the Health app** , then tap **Share with Someone** , then **select the person in your Contacts** to share with. Next, tap **See Suggested Topics** to select the data you want to share.



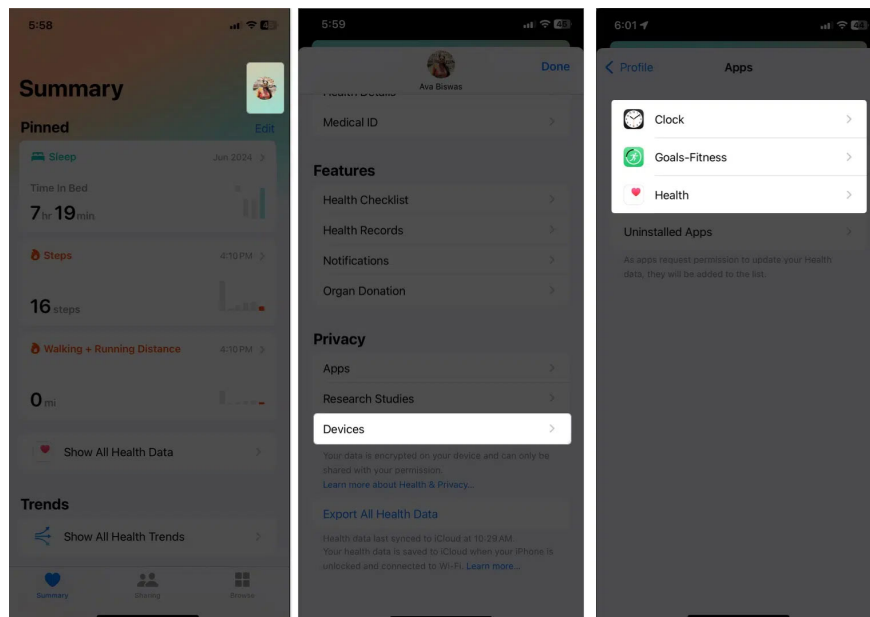
Step 3:

If you **want to share any data** , **activate that data** and select **Share** below to do so.



Step 4:

If you want to share health data with other apps and compatible devices , tap your profile picture in the Health app and select **Apps Services or Devices** .



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