

MyCarolinas Tracker App

Patient Frequently Asked Questions

One

What is it?

As a benefit to Carolinas HealthCare System patients, the MyCarolinas Tracker app makes tracking your health easier. This mobile application provides you with a simple way to track and view your health status.

What does it do?

MyCarolinas allows you to compile health information you may be tracking in many different locations in one place. You will be able to sync information from select exercise trackers, blood pressure cuffs, glucometers, scales, heart rate monitors, pulse oximeters and thermometers. You can also add information manually by entering it into the app yourself. Laboratory data, including blood sugar and cholesterol levels, can also be tracked.

The MyCarolinas Tracker app allows you to store and view all of this information in one place, create reports that you can share with your doctor or health coach to help you reach your personal goals. You can even see your dashboard on MyCarolinas.

Is it hard to set up and use?

It's easy to get started with MyCarolinas Tracker app. All you need is an iPhone, iPad or an Android.

- First, visit the Apple store or Google Play to download the MyCarolinas Tracker app. Downloading only takes a few minutes.
- Once it's loaded onto your device, you can begin to navigate the many options you have to connect to your existing health devices and applications to your very own MyCarolinas Tracker.
- In order to sign in to MyCarolinas Tracker, you will use your MyCarolinas username and password. If you do not have a MyCarolinas account, you should contact MyCarolinas support at 704-667-9145 or 855-799-0044 or fill out this [form](#).

What digital health devices can I connect?

The MyCarolinas Tracker app supports dozens of connected devices. A full list can be viewed on the "Connected Health" tab of the app itself.

Some of our preferred devices include:

- Fitbit activity trackers
- A & D blood pressure monitors
- Telcare glucose monitors
- Scales from Fitbit or A & D and Withings devices.

How much does it cost?

The MyCarolinas Tracker app is free to patients.

Still have more questions?

For more information, call 704-512-2029 or 844-257-8760.



Carolinas HealthCare System