

M A V E R I C K A I

HOW TO CONNECT APPLE HEALTH TO CHATGPT

LET IT READ YOUR REAL DATA AND BUILD A PLAN AROUND
YOUR ACTUAL BODY

ChatGPT spent years answering your health questions by guessing, because it had no idea how you actually slept or what your last blood test said. That is over. Here is the ten minute setup, in plain English, one tap at a time.

The one-time setup, every single tap explained

What to do if you cannot find the Health button

How to connect your real medical records (and the two honest warnings)

The core prompt that builds your week around your own data

Five more prompts worth having, ready to copy

The @Health trick that works in any normal chat

A one-page cheat sheet at the end

2026 Edition

What This Actually Is, And What Changed

Up until now, every time you asked ChatGPT a health question it was basically guessing. You would type something like "why am I so tired lately" and it would give you a sensible, reasonable, completely generic answer, because it had no idea how much you slept last night, what your resting heart rate has been doing for the past month, or what your last blood test said. It was answering for an average person, and you are not an average person.

That just changed. OpenAI built a Health mode directly into ChatGPT, and it can now read your real data instead of guessing at it. Your sleep, your steps, your heart rate, your workouts, all of it pulled straight from the Health app that has been quietly collecting this stuff on your iPhone for years. And if you want to go one step further, it can also read the actual medical records sitting in your hospital's patient portal.

Free

Works on the free plan

US

Only country it's live in

2.2M+

US providers you can pull records from

The timing is a little confusing, so here's the short version. OpenAI first tried this back in January as a limited release that most people could not get into. Then on July 23 they rolled it out properly to everyone in the US and made it much better at the part that actually matters, which is comparing a new result against your old ones and telling you what changed.

WHO CAN USE IT RIGHT NOW

United States only, 18 and over, on the iPhone app and on ChatGPT in a web browser. It works on the Free plan, and also on Go, Plus and Pro. Free accounts run it on GPT-5.5 Instant and paid accounts get GPT-5.6 Sol, which OpenAI calls their strongest health model. There is no Android version yet, and it does not work inside Codex.

What it can do now that it could not do before

What you ask	What you used to get	What you get now
Why am I so tired?	A general list of reasons tiredness happens to people.	Your actual sleep for the last few weeks, next to your training load and your resting heart rate.
Is this blood test okay?	A textbook explanation of what the marker means.	That marker compared against your own previous results, with the direction it's moving.
Plan my week of training	A generic template that assumes you're rested.	A plan built off how you actually slept and recovered, adjusted as the week goes.
What did my doctor mean?	A guess based on what you could remember and retype.	The real visit note from your records, translated into plain English.

The One-Time Setup

The whole shift is one sentence. It stopped answering about people in general and started answering about you. Here's how you switch it on.

This takes about ten minutes and you only ever do it once. Do it on your iPhone, not on your computer, because the Apple Health connection has to happen on the phone that holds the data. Once it's connected there, it works everywhere you use ChatGPT, including the website on your laptop.

STEP 1: Open the ChatGPT app on your iPhone

Make sure you're signed in to the account you actually use. If you have not updated the app in a while, go to the App Store first and update it, because Health will simply not appear on an old version. Same goes for iOS itself, OpenAI says your iPhone software needs to be up to date for the Apple Health connection to work.

STEP 2: Open the sidebar and tap Health

Tap the menu icon in the top left corner of the screen, or just swipe in from the left edge of the screen with your thumb. A panel slides out from the left with your chat history in it. Look down that list and you'll see Health sitting there as its own item. Tap it.

You'll land on a Health screen with a Get started button. Tap that.

STEP 3: Connect Apple Health

It will ask you what you want to connect. Choose Apple Health. Your iPhone then takes over and shows you its own standard permission screen, the grey and white one with a long list of categories and a toggle next to each one. This screen is Apple's, not OpenAI's, which is the whole point. Apple stays in charge of what gets handed over.

STEP 4: Pick exactly what it's allowed to see

Now go down that list and switch on only what you want it to read. For everything in this guide, these four are the ones that matter.

Turn this on	Why it matters
Sleep	The single most useful one. Almost everything else it tells you gets anchored to how you slept.
Steps	Your actual daily movement, which is usually very different from what you think it is.
Heart Rate	Resting heart rate is the clearest early signal that your body is under strain.
Workouts	What you did, how hard, and how often, so it can plan the next week around it.

There is a Turn On All button at the top if you would rather just hand over everything, and there is no wrong answer here. Less data means less useful answers, more data means better answers and more of your life sitting in an app. Pick what you're comfortable with, then tap Allow in the top right.

TIP

You can change your mind later without touching ChatGPT at all. On your iPhone go to Settings, then Health, then Data Access & Devices, then tap ChatGPT. Every category you granted is listed there and you can switch any of them off, or cut it off completely, in about five seconds.

HEADS UP

Do not panic if nothing shows up straight away. OpenAI says the first sync can take anywhere from a few minutes to a few hours depending on how much history is on your phone. Connect it, go do something else, and come back later. It is working even when the screen looks empty.

If you can't see Health anywhere

This is the step where most people give up, so here's every reason the Health button might not be showing up for you, in the order you should check them.

It might be hiding under More

Depending on your app version and your screen size, Health does not always sit directly in the sidebar list. Scroll the sidebar all the way to the bottom and look for a More menu, then open that. It's often tucked in there with the other tools rather than sitting out in the open.

Your app is out of date

This is the most common one by a mile. Open the App Store, tap your profile picture in the top right, scroll down to the list of pending updates and update ChatGPT. Then fully close the app by swiping it away and open it again. People spend twenty minutes hunting for a button that a thirty second update would have put on their screen.

You're not in the US

Health is United States only right now. Not the UK, not Canada, not Europe. If your account is set to another country it will not appear no matter how many times you update, and there is nothing you can do about it except wait for it to roll out where you are.

You're on the waitlist

Even inside the US it's rolling out in waves rather than all at once. If you open Health and it offers you a waitlist instead of a Get started button, join the waitlist and you'll get access as it reaches your account.

TIP

There is a back door worth knowing. Just ask a health question in a normal chat, something like "can you look at my sleep from this week," and ChatGPT will often offer to continue the conversation in Health and walk you into the setup itself. If you cannot find the door, sometimes the easiest thing is to make it open the door for you.

ONE THING THAT TRIPS PEOPLE UP

Apple Health only holds what your phone and your watch actually put into it. If you track your sleep on a Whoop, an Oura ring, or a Garmin, open that app's own settings and make sure it's writing its data into Apple Health. Some apps keep their scores to themselves by default, so their fancy readiness or recovery number may never leave their app, even though the raw sleep and heart rate does.

How to check it actually worked

Before you go running the big prompts, spend ten seconds confirming the data is really flowing, because there is nothing more annoying than getting a confident answer built on nothing. Paste this into Health and see what comes back.

PASTE THIS TO TEST THE CONNECTION

```
What health data can you actually see for me right  
now? List what's connected, how far back it goes,  
and anything you were expecting but can't find.
```

If it lists your sleep, steps, heart rate and workouts with real dates on them, you're done and you can move on to the next chapter. If it comes back with nothing or says it can't see anything, it's almost always still syncing, so give it a few hours before you start taking the setup apart.

Connecting Your Medical Records

This part is completely optional and you can get enormous value out of this guide without ever doing it. But it's also the part that turns ChatGPT from a fitness assistant into something closer to a translator for your entire medical history, so it's worth understanding before you decide.

Apple Health tells it how you're living. Your medical records tell it what's actually happening inside you. Connect both and it can do the thing no app has ever really done for normal people, which is put a new lab result next to the one from two years ago and tell you, in plain English, what moved and whether that matters.

Who you can connect

One Medical and Function Health are both supported directly. Beyond those, most hospitals and clinics in the country are reachable, including basically anywhere running MyChart, which is the patient portal you already log into to see your test results. Behind the scenes OpenAI works with a company called b.well that plugs into the big hospital record systems, and between them they reach over 2.2 million US providers and more than 300 health plans. If you have ever logged into a portal to check a result, there is a good chance your provider is in there.

How to connect them

STEP 1: Go back into Health and choose connect medical records

Medical records can only be connected from inside Health, not from a normal chat, and only in the US by people 18 and over.

STEP 2: Find your provider and sign in

Search for your hospital, clinic or doctor's office by name. When you find it, you sign in with the exact same username and password you already use for that patient portal. You are not creating anything new here and OpenAI never sees that password, you're logging into your provider the same way you always do and then approving the handover.

STEP 3: Repeat for each place you've been treated

Most of us have records scattered across a few different places, an old primary care office, a specialist, a lab. Connect each one you care about. Then give it time, because records can take a while to pull through, and if something doesn't appear the fix is almost always to go back and finish the sign-in properly or link it again.

The Two Warnings You Should Actually Read

I'm not going to bury these at the bottom in small print, because they're the two things that genuinely matter before you hand over your medical history.

1. Your records stop being HIPAA protected the moment they leave

This surprises almost everyone, and it is not a loophole or a scandal, it's just how the law was written. HIPAA protects data based on who is holding it, not what the data is. It covers hospitals, doctors, clinics and health plans. It does not cover consumer apps, and ChatGPT is a consumer app.

So the second you use your legal right to move a copy of your records out of your hospital's portal and into ChatGPT, that copy is outside HIPAA's reach. The copy your hospital keeps is still protected. The copy in the app is governed by OpenAI's own policies instead of federal health privacy law, and a company's policies can be changed by that company.

WHAT THIS MEANS FOR YOU

The practical version: nothing bad is happening here, and this is exactly how every health app on your phone already works. But you should make this choice knowing that you're trading a legal protection for a company promise. If that trade is not worth it to you, connect Apple Health and skip the records. You still get most of the value.

WHAT OPENAI PROMISES IN RETURN

To be fair to them, the promises are specific and they're written down. Connected medical records and Apple Health data, and any conversation that uses them, are not used to train their models and are not used to target ads, and that holds regardless of your other settings. The data gets extra encryption, ChatGPT asks permission before pulling your records into an answer, and you can disconnect at any time with the data deleted from their systems within 30 days.

2. Do not use this to decide whether something is an emergency

This is the one I care about most. Researchers at Mount Sinai ran the first independent safety test of ChatGPT Health, published in Nature Medicine, and put it through 60 clinical scenarios across 21 specialties for a total of 960 interactions. In the cases where real doctors said the person needed emergency care, ChatGPT under-called it more than half the time. It told people they were less urgent than they actually were.

They also found the suicide crisis safeguards fired inconsistently, sometimes appearing for lower risk situations and sometimes failing to appear when someone described a specific plan.

HEADS UP

It's a translator, not a triage nurse. Use it to understand a result you already have, to spot a trend, to work out what to ask your doctor. Do not use it to decide whether to go to the hospital. Chest pain, trouble breathing, a severe allergic reaction, sudden confusion or weakness, any of that is a call to emergency services, not a question for a chatbot. If you're having thoughts of harming yourself, call or text 988 for the Suicide and Crisis Lifeline in the US, or go to an emergency room.

One fair note on that study, it tested the earlier version from January and OpenAI has rebuilt a lot since. But nobody has independently shown the new one is safe at triage either, so the rule stands until somebody proves otherwise.

So should you connect your records or not?

There's no universally right answer here and anyone telling you there is has an agenda. It comes down to how much of your medical history you want sitting inside a company's privacy policy, weighed against how much you'd get out of it. Here's roughly how I'd split it.

Connect them if	Skip them if
You get blood work done regularly and want to see what's actually trending	You've never really looked at your records and wouldn't use them anyway
You're managing something ongoing and juggling results from several places	The idea of your history sitting outside HIPAA bothers you, and that's a completely fair line to draw
Your doctor's notes may as well be written in another language	You mainly want the training, sleep and recovery side, which only needs Apple Health

And it isn't permanent either way. You can connect records today, try it for a month, and disconnect if it isn't earning its place, with the data gone from their systems inside 30 days.

The Core Prompt

Once it's connected, this is the one to run first. Open Health, paste this in, send it.

COPY THIS

```
Based on my Apple Health data, build me a full  
training and recovery plan for this week.
```

What happens next is the part that's hard to explain until you see it. It doesn't hand you a template. It goes and reads what you actually did, how you actually slept, where your heart rate has been sitting, and it builds the week around that. Then, and this is the real trick, it keeps adjusting as the week goes on.

You sleep four hours on a Tuesday and check in the next morning, and it swaps your heavy day for active recovery, because loading a body that hasn't recovered is how people get hurt. Your resting heart rate spikes for a few days and it tells you to back off before you feel it yourself. That's a thing a good coach does, and most people have never had one.

Make it fit your life

The prompt above works on its own, and you do not need to add anything to it. But it gets noticeably better if you tell it three things in your follow up message, which days you can actually train, what equipment you have access to, and what you're training for. There's a big difference between a plan for a gym five days a week and a plan for a pair of running shoes and three free evenings.

TIP

Come back to the same conversation every few days and just say "check my data and update the rest of the week." That's where this stops being a party trick and starts being genuinely useful, because it's reading fresh numbers every time and adjusting instead of handing you a plan that goes stale by Thursday.

HEADS UP

If you have a heart condition, an injury, you're pregnant, or you're on medication that affects your heart rate or blood pressure, run any training plan past your doctor before you follow it. It's reading your numbers, it isn't reading your medical history unless you've connected your records, and it doesn't know what your doctor told you last year.

Five More Prompts Worth Having

These are the ones I'd actually keep. One per job, each doing something you couldn't do before your real data was in there.

1. Understand a blood test without googling every line

COPY THIS

```
Explain my latest blood test in plain English,  
tell me what changed since my last one, and  
flag anything trending in the wrong direction.
```

This is the one that needs your medical records connected, and it's the reason people connect them. A lab result on its own is a wall of numbers with reference ranges. What you actually want to know is what moved since last time, and in which direction.

2. Walk into your appointment with a real list

COPY THIS

```
What should I actually be asking my doctor at my  
next appointment? Base it on my health data and  
give me a short list I can bring with me.
```

Most people get about twelve minutes with their doctor and spend four of them trying to remember what they wanted to ask. Walking in with three specific questions grounded in your own numbers changes that conversation completely.

3. Find the connection you've never spotted

COPY THIS

```
Look at my sleep next to my steps, my workouts  
and my heart rate. What patterns do you see  
between my sleep and everything else?
```

This is the one people are always surprised by. Sleep is the thread that ties everything else together, and the link between how you slept on Sunday and how everything felt on Wednesday is genuinely hard to see when you're living inside it.

4. Fix one thing instead of everything

COPY THIS

```
Pick the one number in my health data that most  
needs fixing, tell me why you picked that one,  
and build me a realistic plan to fix it over the  
next 90 days.
```

The word realistic is doing a lot of work in that prompt, and it's there on purpose. Ask for a plan without it and you'll get something that assumes you have two spare hours a day. And forcing it to pick one number is the point, because the reason most people change nothing is that they tried to change six things at once.

5. The one everybody should run

COPY THIS

```
Looking at all my data over the last few months,  
what's quietly getting worse that I haven't  
noticed?
```

If you only ever run one prompt from this entire guide, make it this one. Nothing in your body falls apart overnight, it drifts, slowly, in a direction you don't notice because you're comparing today to yesterday instead of to eight months ago. Your average sleep drops by forty minutes over a season. Your resting heart rate creeps up four beats. You'd never catch either of those, and a computer looking at the whole trend line catches both instantly.

TIP

Whatever it hands back, ask it one follow up: "which of these is worth mentioning to my doctor, and which is just normal life?" It's usually good at separating the two, and it stops you walking into an appointment worried about something that doesn't matter.

The @Health Trick

Here's the bit almost nobody knows, and it's the thing that made this actually stick for me. You do not have to go into the Health tab every time. You can pull your health data into any normal conversation you're already having, just by typing @Health in your message.

Type the @ symbol followed by Health at the start of what you're writing, and it will reach into your data for that one message. That's it. No switching tabs, no starting over somewhere else.

EXAMPLE, IN A NORMAL CHAT

```
@Health I'm flying to London on Friday and landing  
at 7am. Based on how I've actually been sleeping,  
give me a plan for the two days before so the jet  
lag doesn't wreck me.
```

ANOTHER ONE

```
@Health I'm making dinner tonight and I've got  
chicken, rice and whatever's in the fridge. Given  
how much I trained this week, what should I  
actually be eating?
```

This is where it stops feeling like a separate health app you have to remember to open and starts being part of how you already use ChatGPT. Planning a trip, planning dinner, deciding whether to go out on a Thursday, all of it can quietly take your real body into account without you doing anything special.

TIP

Type the @ symbol and pause for a second, because a little menu pops up with everything you can pull in. Health will be in that list. Tapping it from the menu is faster and safer than typing the whole thing out and hoping you spelled it right.

If You Use Claude Instead

Claude has the same thing, and in one important way it's ahead. Anthropic rolled out health connectors that read Apple Health on iPhone and Android Health Connect on Android, so if you're on a Samsung or a Pixel and you've been reading this entire guide getting annoyed, Claude is your answer. ChatGPT's version does not do Android at all yet.

The catch is the plan. Claude's health connector is on Pro and Max, so there's no free option the way there is with ChatGPT. Setup is different too, and simpler. You don't go looking for a Health tab, you just ask Claude about your health data, something like "how have my runs been trending lately," and it asks for permission right there in the chat. You approve it and it starts reading.

	ChatGPT Health	Claude health connectors
Plans	Free, Go, Plus and Pro	Pro and Max only
iPhone	Yes	Yes
Android	No	Yes, via Android Health Connect
Web browser	Yes	Health connection happens on mobile
Medical records	Yes, One Medical, Function Health, most MyChart providers	Not part of the health connector
Where you turn it on	Health in the sidebar, then Get started	Just ask about your data and approve the prompt
Country	US only	US only

Claude reads your health data but cannot write anything back into it, which is exactly what you want. The same warnings from earlier in this guide apply here word for word. Neither one is a triage nurse.

TIP

If you're on an iPhone and paying for both, use ChatGPT for anything involving your medical records, since that's the side Claude doesn't cover, and use whichever one you already live in for the day to day sleep and training stuff. Data lives in Apple Health either way, so you're not locked in and you can connect both.

The One-Page Cheat Sheet

Everything in this guide, on one page. Screenshot it.

Setup, in order

Step	What you do
1	Update the ChatGPT app in the App Store, and update your iPhone software
2	Open ChatGPT, swipe in from the left edge or tap the menu icon top left
3	Tap Health in the sidebar, or find it under More
4	Tap Get started, then choose Apple Health
5	Toggle on Sleep, Steps, Heart Rate and Workouts, then tap Allow
6	Wait. First sync takes minutes to hours
7	Optional: back in Health, choose connect medical records and sign in to your provider

The prompts

Use it when	Prompt
Starting the week	Based on my Apple Health data, build me a full training and recovery plan for this week.
A new lab result comes in	Explain my latest blood test in plain English, tell me what changed since my last one, and flag anything trending in the wrong direction.
Before a doctor's appointment	What should I actually be asking my doctor at my next appointment? Base it on my health data and give me a short list I can bring with me.
You feel off and don't know why	Look at my sleep next to my steps, my workouts and my heart rate. What patterns do you see between my sleep and everything else?
You want to change one thing	Pick the one number in my health data that most needs fixing, tell me why you picked that one, and build me a realistic plan to fix it over the next 90 days.
Once a month, every month	Looking at all my data over the last few months, what's quietly getting worse that I haven't noticed?
Any normal chat	@Health followed by whatever you were already asking.

When it isn't working

Problem	Fix
No Health in the sidebar	Scroll down and look under More, then update the app and reopen it
Still nothing after updating	Check you're in the US, and check for a waitlist option inside Health
Connected but no data	Wait it out, first sync runs from minutes to hours
Watch or ring data missing	Open that app's settings and let it write into Apple Health
Records not showing	Finish the provider sign-in, link again, and give it time to pull through
Want to cut it off	iPhone Settings, Health, Data Access & Devices, ChatGPT

A rhythm that actually sticks

When	What to run
Every Monday	Based on my Apple Health data, build me a full training and recovery plan for this week.
Midweek	Check my data and update the rest of the week.
After any lab result	Explain my latest blood test in plain English and tell me what changed.
Before any appointment	What should I actually be asking my doctor at my next appointment?
Once a month	Looking at all my data over the last few months, what's quietly getting worse?

The two lines to remember

Rule	Why
Records in an app are not HIPAA protected	HIPAA covers hospitals and doctors, not consumer apps. OpenAI's policy protects it instead, and OpenAI says it's never used for training or ads.
Never use it to judge an emergency	Mount Sinai found it under-called more than half of real emergencies. Translator, not triage nurse. Emergencies get a phone call.

Your Action Plan

Three things, in this order, and the whole thing takes about fifteen minutes of actual effort spread over a week.

DO THIS TODAY

Connect Apple Health. Update the app, open the sidebar, tap Health, tap Get started, choose Apple Health, and switch on Sleep, Steps, Heart Rate and Workouts. Then leave it alone and let it sync while you get on with your day.

DO THIS TOMORROW

Run the training plan prompt: "Based on my Apple Health data, build me a full training and recovery plan for this week." Read what it gives you, then tell it which days you can actually train and what equipment you have, and let it rebuild.

DO THIS AT THE END OF THE WEEK

Run the one that matters most: "Looking at all my data over the last few months, what's quietly getting worse that I haven't noticed?" This is the one that tends to actually change something, because it surfaces the slow drift nobody catches on their own. Then set a reminder to run it again in a month.

That's the whole thing. Your phone has been quietly collecting this data for years and you've been getting nothing back from it, and now there's something on the other end that can actually read it. Ten minutes of setup for answers about your actual body instead of somebody's average one is a pretty good trade.

HEADS UP

Last time, because it's the one that counts. This is for understanding your data and having better conversations with your doctor. It is not for deciding whether something is an emergency. When in doubt, call a real person.

Want More AI Tips Like This?

I post daily AI content, tool breakdowns, and prompts that actually help you get more done. Follow me for the latest.

@MavGPT

TikTok | Instagram | Facebook

Stop asking it about the average person. Start asking it about you.