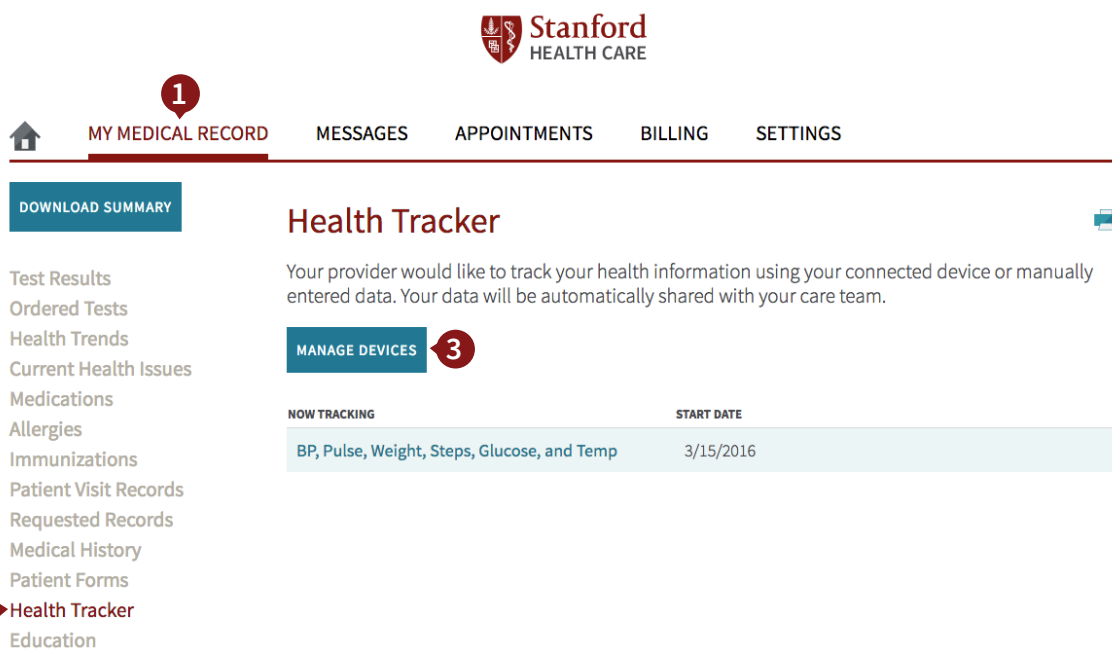


# MyHealth Personal Health Tracking - Withings

Log into MyHealth website and click on:

- 1 **MY MEDICAL RECORD**
- 2 **Health Tracker**
- 3 **MANAGE DEVICES** (this will connect you to the Withings website)
- 4 Follow steps to sync your Withings account



The screenshot shows the MyHealth website interface. At the top, there is a navigation bar with a home icon and the following menu items: MY MEDICAL RECORD (highlighted with a red circle and the number 1), MESSAGES, APPOINTMENTS, BILLING, and SETTINGS. Below the navigation bar, there is a sidebar on the left with a 'DOWNLOAD SUMMARY' button and a list of menu items: Test Results, Ordered Tests, Health Trends, Current Health Issues, Medications, Allergies, Immunizations, Patient Visit Records, Requested Records, Medical History, Patient Forms, Health Tracker (highlighted with a red circle and the number 2), and Education. The main content area is titled 'Health Tracker' and includes a sub-header 'MANAGE DEVICES' (highlighted with a red circle and the number 3). Below this, there is a table with the following data:

NOW TRACKING	START DATE
BP, Pulse, Weight, Steps, Glucose, and Temp	3/15/2016

## 4 Sync Your Withings Account:

- Follow the steps on the Withings website to sync your account with MyHealth
- When prompted, **Allow** Stanford to access your data (this is required to share data with MyHealth and your care team)
- Select **START TRACKING**
- Your withings data will now start filing into MyHealth and being shared with your care team

