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 (flip guide over)
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.

For issues or questions please visit: myhealth.stanfordhealthcare.org/faqs or call our Help Desk at 866.367.0758.