

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 (flip guide over)



The screenshot shows the MyHealth website interface. At the top, there is a navigation bar with a home icon and links for "MY MEDICAL RECORD", "MESSAGES", "APPOINTMENTS", "BILLING", and "SETTINGS". A red circle with the number "1" is placed over the "MY MEDICAL RECORD" link. Below the navigation bar is a sidebar menu with various options: "DOWNLOAD SUMMARY", "Test Results", "Ordered Tests", "Health Trends", "Current Health Issues", "Medications", "Allergies", "Immunizations", "Patient Visit Records", "Requested Records", "Medical History", "Patient Forms", "Health Tracker", and "Education". A red circle with the number "2" is placed over the "Health Tracker" link. The main content area is titled "Health Tracker" and includes a printer icon. Below the title is a paragraph: "Your provider would like to track your health information using your connected device or manually entered data. Your data will be automatically shared with your care team." A "MANAGE DEVICES" button with a red circle and the number "3" is located below the paragraph. At the bottom, there is a table with two columns: "NOW TRACKING" and "START DATE". The table contains one row: "BP, Pulse, Weight, Steps, Glucose, and Temp" with a start date of "3/15/2016".

1

MY MEDICAL RECORD MESSAGES APPOINTMENTS BILLING SETTINGS

DOWNLOAD SUMMARY

Health Tracker

Your provider would like to track your health information using your connected device or manually entered data. Your data will be automatically shared with your care team.

MANAGE DEVICES 3

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

2

Health Tracker

Education



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.

