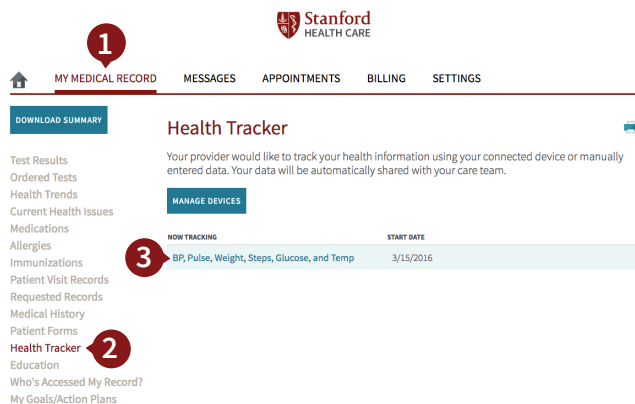


# MyHealth Personal Health Tracking - Manual

Log in to MyHealth website and click on:

- 1 **MY MEDICAL RECORD**
- 2 **Health Tracker**
- 3 **BP, Pulse, Weight, Steps, and Blood Glucose**



1

Stanford HEALTH CARE

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

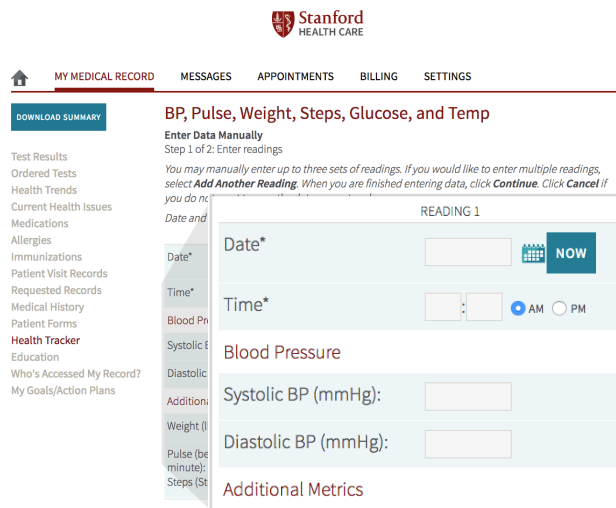
NOW TRACKING START DATE

3 BP, Pulse, Weight, Steps, Glucose, and Temp 3/15/2016

2

Test Results  
 Ordered Tests  
 Health Trends  
 Current Health Issues  
 Medications  
 Allergies  
 Immunizations  
 Patient Visit Records  
 Requested Records  
 Medical History  
 Patient Forms  
**Health Tracker**  
 Education  
 Who's Accessed My Record?  
 My Goals/Action Plans

- 4 Click on **Enter Data Manually**
  - Enter the relevant readings in each box
  - If you would like to enter multiple readings, select **Add Another Reading**
  - Otherwise scroll down and click **Continue**
  - Review the data and click **Submit**



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MY MEDICAL RECORD MESSAGES APPOINTMENTS BILLING SETTINGS

DOWNLOAD SUMMARY

BP, Pulse, Weight, Steps, Glucose, and Temp

Enter Data Manually  
 Step 1 of 2: Enter readings  
 You may manually enter up to three sets of readings. If you would like to enter multiple readings, select **Add Another Reading**. When you are finished entering data, click **Continue**. Click **Cancel** if you do not wish to enter data.

Date and Time

Date\*

Time\*  :   AM  PM

Blood Pressure

Systolic BP (mmHg):

Diastolic BP (mmHg):

Additional Metrics

Test Results  
 Ordered Tests  
 Health Trends  
 Current Health Issues  
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