MyHealth Personal Health Tracking - Withings/Nokia

Log into MyHealth Website and click on:
1. My Medical Record
2. Health Tracker
3. Manage Devices (this will connect you to the Withings/Nokia website)
4. Follow Steps to Sync Your Withings/Nokia Account

Sync Your Withings/Nokia Account:
- Follow the steps on the Withings/Nokia 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/Nokia data will now start filing into MyHealth and being shared with your Care Team.