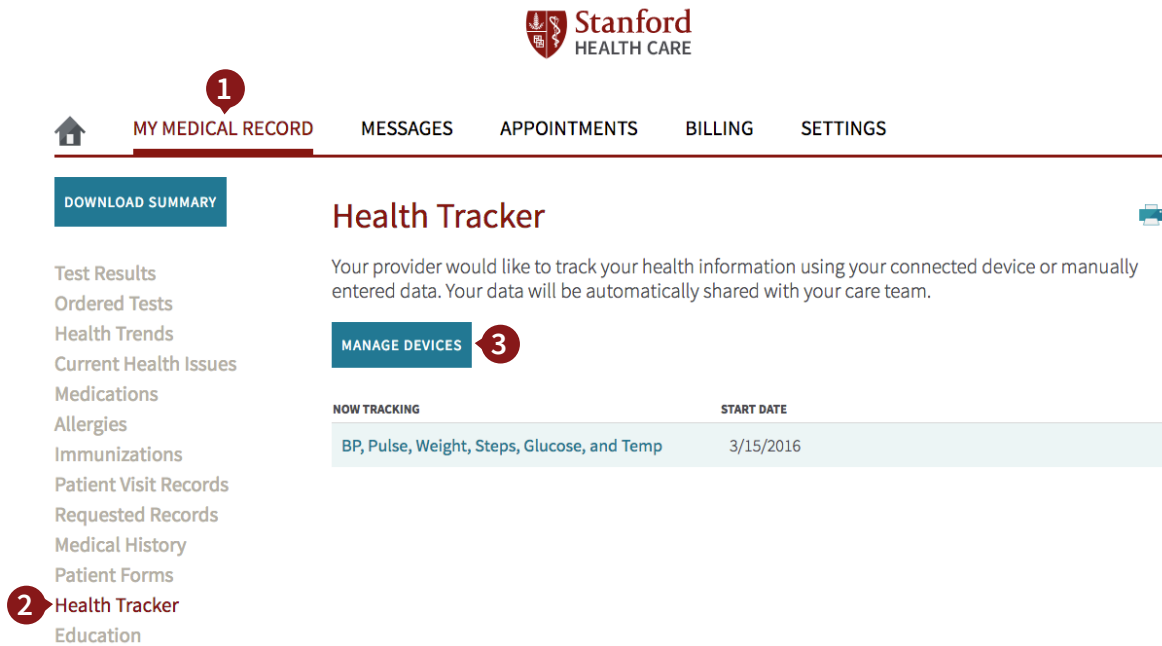


MyHealth Personal Health Tracking - Withings/Nokia

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



The screenshot shows the MyHealth website interface. At the top is the Stanford Health Care logo. Below it is a navigation bar with a home icon and links for MY MEDICAL RECORD (highlighted with a red circle '1'), MESSAGES, APPOINTMENTS, BILLING, and SETTINGS. A sidebar on the left contains 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 '2'), and Education. The main content area is titled 'Health Tracker' and includes a sub-header 'MANAGE DEVICES' (highlighted with a red circle '3'). Below this 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'.

4 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.

