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

---

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