

Connecting, syncing, or disconnecting your Fitbit device to MyHealth Records

To connect and transfer readings from your Fitbit device to your MyHealth Records account:

- 1) Create an online [Fitbit account](#).
- 2) Log in to your MyHealth Records account.
- 3) Go to **Tools and Settings**.
- 4) Click **Connected Devices**.
- 5) Click **Connect** where the Fitbit box appears.
- 6) Sign in to your Fitbit account.
- 7) Give MyHealth Records consent to get information from your Fitbit device. Click **Allow**.
- 8) Confirm the “data types” that you want in your MyHealth Records account. Click **Confirm**.
- 9) This will take you back to the **Connected Devices** page in MyHealth Records.
- 10) Check your health journals in **Journal Entries** to see the information added from your device (such as your daily steps in the **Exercise Journal**).

To sync data from your Fitbit device to your MyHealth Records account:

- 1) Log in to your MyHealth Records account.
- 2) Go to **Tools and Settings**.
- 3) Click **Connected Devices**.
- 4) Click the 3 vertical dots in the top right corner of the Fitbit box to get to the more options menu.
- 5) Click **Sync Now**.
- 6) Check your health journals in **Journal Entries** to see the information added from your device (such as your daily steps in the **Exercise Journal**).

To disconnect your Fitbit device from your MyHealth Records account:

- 1) Log in to your online [Fitbit account](#).
- 2) Click the gear icon to go to the **Settings** page.
- 3) Click **Applications** from the menu on the left.
- 4) Click **Revoke Access**.
- 5) Click **Confirm**.

If you have disconnected your Fitbit device and want to reconnect it:

- 1) Log in to your MyHealth Records account.
- 2) Go to **Tools and Settings**.
- 3) Click **Connected Devices**.
- 4) Click the 3 vertical dots in the top right corner of the Fitbit box to get to the more options menu.
- 5) Click **ReAuthorize**.
- 6) This will take you to log in to your online Fitbit account.
- 7) Confirm the “data types” you that you want to sync to your MyHealth Records account. Click **Allow**.
- 8) This will take you back to the **Connected Devices** page in MyHealth Records.