

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

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

- 1) Create an online [Garmin account](#).
- 2) Log in to your MyHealth Records account.
- 3) Go to **Tools and Settings**.
- 4) Click **Connected Devices**.
- 5) Click **Connect** where you see the Garmin box.
- 6) Sign in to your Garmin account.
- 7) Give MyHealth Records consent to access information from your Garmin device. Click **I Consent**.
- 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 Garmin 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 Garmin 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 Garmin device from your MyHealth Records account:

- 1) Log in to your online [Garmin account](#).
- 2) Go to the **Profile & Account** menu in the top right corner of the page.
- 3) Click **Account Settings**.
- 4) Click **Account Information**.
- 5) Scroll down to the **Applications** section of the page.
- 6) Click the **Disconnect** button for MyHealth Records.
- 7) You will see a window that asks if you want to disconnect your Garmin device from MyHealth Records. Click **Disconnect** if you want to disconnect your device.

If you've disconnected your Garmin device from MyHealth Records but 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 Garmin box to get to the more options menu.
- 5) Click **ReAuthorize**.
- 6) This will take you to log in to your online Garmin account.
- 7) Confirm the “data types” you that you want to sync to your MyHealth Records account. Click **Confirm**.
- 8) This will take you back to the **Connected Devices** page in MyHealth Records.