

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

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

- 1) Create an online [Omron Wellness 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 Omron box.
- 6) Sign in to your Omron Wellness account.
- 7) Give MyHealth Records permission to access data from your Omron device.
- 8) Choose the information you want in your MyHealth Records account from the Application Access section.
- 9) Click **Allow**.
- 10) You will see a window that asks you to confirm the information you want in your MyHealth Records account. Click **Confirm**.
- 11) This will take you back to the **Connected Devices** page in MyHealth Records.
- 12) To see information added from your device, check **Results and Readings** (for blood pressure measurements, for example) and health journals in **Journal Entries** (such as daily steps in the **Exercise Journal**).

To sync data from your Omron account to MyHealth Records:

- 1) Log in to your MyHealth Records account.
- 2) Go to **Tools and Settings**.
- 3) Click **Connected Devices**.
- 4) Click the More Options menu (3 vertical dots) in the top right corner of the Omron box.
- 5) Click **Sync Now**.
- 6) To see information added from your device, check **Results and Readings** (for blood pressure measurements, for example) and health journals in **Journal Entries** (such as daily steps in the **Exercise Journal**).

To disconnect your Omron device from your MyHealth Records account:

- 1) Log in to your online [Omron Wellness account](#).
- 2) Go to the **Actions** menu.
- 3) Click **Apps**.
- 4) Click the **UNLINK** button for MyHealth Records.
- 5) A new tab will open to log in to your Omron Wellness account.
- 6) An **Omron Wellness Partner Application Permissions** page will open. Click **Revoke** to disconnect your Omron device from MyHealth Records.
- 7) Click your email address from the dropdown menu in the top left corner of the page (below the Omron logo). Click **Logout**.
- 8) Close this tab.
- 9) Log out of your Omron Wellness account by going the **Actions** menu and clicking **logout**.

If you have disconnected your Omron 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 **Reconnect** where you see the Omron box.
- 5) Follow steps 6 to 12 in to connect and transfer readings from your Omron device to your MyHealth Records account.

If you have disconnected your Omron device and want to reauthorize MyHealth Alberta to get information from your Omron device:

- 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 Omron box to get to the more options menu.
- 5) Click **ReAuthorize**.
- 6) This will take you to log in to your online Omron account.
- 7) Choose the information you want in your MyHealth Records account from the Application Access section.
- 8) Click **Allow**.
- 9) You will see a window that asks you to confirm the information you want in your MyHealth Records account. Click **Confirm**.
- 10) This will take you back to the **Connected Devices** page in MyHealth Records.