

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

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

- 1) Create an online [Withings 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 Withings box.
- 6) Click **Allow this app** to let MyHealth records get information from your Withings device.
- 7) Confirm the information you want in your MyHealth Records account. Click **Confirm**.
- 8) This will take you back to the **Connected Devices** page in MyHealth Records.
- 9) 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 Withings 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 3 vertical dots in the top right corner of the Omron box to get to the more options menu.
- 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 Withings device from your MyHealth Records account:

- 1) Sign in to your [Withings account](#).
- 2) Go to your profile menu in the top right corner of the page (next to purple icon).
- 3) Click **Settings**.
- 4) Click the profile menu icon.
- 5) Scroll down to **Partners**.
- 6) Click **MANAGE MY PARTNERS**.
- 7) Click **Disconnection**.
- 8) Click the **Disconnect MyHealth Records** button. You will get a message that tells you "The partner was disconnected."

If you have disconnected your Withings device and want to reauthorize MyHealth Alberta to get information from your Withings 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 Withings account.
- 7) Click **Allow this app** to let MyHealth Records get information from your Withings device.
- 8) Confirm the information you want in your MyHealth Records account. Click **Confirm**.
- 9) This will take you back to the **Connected Devices** page in MyHealth Records.
- 10) 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**).