

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

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

- 1) Create an online [iHealth 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 iHealth box.
- 6) Sign in to your iHealth account.
- 7) Give MyHealth Records authorization (permission) to access information from your iHealth device
- 8) Choose the information you want to transfer to your MyHealth Records account.
- 9) Click **Link**.
- 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 iHealth 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 iHealth box to get to the more options menu.
- 5) Click **Sync Now**.
- 6) To see information added from your device, check **Results and Readings** and health journals in **Journal Entries** (such as blood pressure measurements in the **Blood Pressure and Pulse** section).

To disconnect your iHealth device from your MyHealth Records account:

- 1) Log in to your [iHealth account](#).
- 2) Click on **My Account** in the top right corner.
- 3) Click **Openapi Unbundling** to see the list of applications connected to your account.
- 4) Click **Unbind** for MyHealth Records.
- 5) Click **OK**.

If you have disconnected your iHealth device from MyHealth Records and want to reconnect it (reauthorize):

- 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 iHealth box to get to the more options menu.
- 5) Click **ReAuthorize**.
- 6) This will take you to log in to your online iHealth account.
- 7) Confirm the information 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.