Get Connected to Your Health
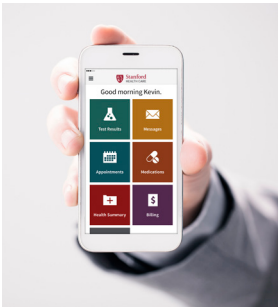
Download the MyHealth app

Search for "Stanford Health Care MyHealth" in your mobile app store.

Download on the **App Store**

ANDROID APP ON **Google Play**

MyHealth puts comprehensive health care management at your fingertips. With MyHealth, you can make appointments online, message your doctors, view test results, pay medical bills, renew medications, share access with someone taking care of you, even track your healing during a hospital stay.

Make Appointments, Pay Your Bill Online, & More

- Book appointments
- View and pay your bill
- Share access with caregivers
- eCheck-in before your visit
- Add yourself to a clinic's wait list and be notified of earlier appointments

Quick and Secure Care Team Communications

- Message your doctor
- Video visit with your care team
- Review after visit summaries
- Receive alerts for new messages and test results

Easy Access to Your Health Information

- View your test results
- Track your biometrics: height, weight, and blood pressure
- View medications, renew prescriptions

Support During Your Hospital Stay

- Meet mobility and pain goals
- Request services like massage, art therapy, music therapy, and more
- Track your progress toward discharge

Sign up today

Ask the clinic staff or visit
stanfordhealthcare.org/myhealth

Stanford HEALTH CARE

24-Hour MyHealth Service Desk: 866.367.0758

myHEALTH Frequently Asked Questions

Stanford HEALTH CARE

1. **What is MyHealth?**

   MyHealth is a digital tool that allows you to securely access elements of your health information and engage with your Stanford care team.

2. **Who can sign up for MyHealth?**

   Anyone 18-years or older can sign up for MyHealth.

3. **Is there a charge for MyHealth?**

   No. MyHealth is a free service offered by Stanford Health Care.

4. **How do I sign up for MyHealth?**

   Download the Stanford Health Care MyHealth app to your smartphone or browse online to **stanfordhealthcare.org/myhealth** and select "Create New Account".

   While in clinic, you can also ask the front desk staff to send a text message invitation to your mobile phone and then just tap the link.

5. **How do I access MyHealth?**

   The easiest way to get access is to use the Stanford Health Care MyHealth app. Search for "Stanford Health Care MyHealth" in your mobile app store (iOS/Android).

   You can also log in to your MyHealth account through a web browser by going to: **stanfordhealthcare.org/myhealth**

6. **Is MyHealth secure?**

   Yes. MyHealth uses the latest encryption technology that is the industry standard. In addition, there are a number of ways that you can make sure your information is safe such as selecting a unique password that is easy for you to remember, but hard for others to guess.

7. **Can I print information from MyHealth?**

   Yes, on the MyHealth website, click on the printer icon located in the upper right side of most screens to print your information in an easy-to-read format.

8. **Can I send messages to my clinic using MyHealth?**

   In most cases, yes. You can send a non-urgent message to your care team using the Messages feature. You may contact your primary care provider and any other provider you already have an established relationship with. All messages sent to the clinic become part of your permanent medical record.

9. **Can I use MyHealth to view health information for my child or another adult for whom I am responsible?**

   Yes, MyHealth currently offers Share Access for a child's or other adult's health information. Visit: **stanfordhealthcare.org/shareaccess** for more information and to find out how to request access.

10. **Who else can access my MyHealth information?**

    Your physician and clinic staff have access to your electronic medical record information that is found in your MyHealth account.

11. **Can I schedule or cancel an appointment using MyHealth at all clinics?**

    Most Stanford Health Care clinics offer appointment scheduling through MyHealth. However, in some cases you may need to call the clinic.

12. **Can I pay my bill through MyHealth?**

    Yes, you can view and pay your bill through MyHealth.

13. **What if I am having trouble logging in to my account in MyHealth?**

    In either the mobile app or on the website, select the "Forgot Username" or "Forgot Password" button to regain access. If you are still having trouble, please call the **MyHealth Service Desk at 1.866.367.0758 (available 24/7)**.