

How to Report My Activity in the Patient Portal

How do I report my activity using a computer?

- Log in to *MyUofMHealth.org*. If you are a new portal user, MSHOP can email you a link to activate your portal.
- Go to the *Menu* dropdown at the top of the page. Within the "My Record" section, select *Track My Health*.
- Within the "Active Flowsheets" section, select *Patient Reported MSHOP*.
- Select *Add New Data*, then enter the date, select a time and enter your information. You can record up to three dates by selecting *Add Another Reading*.
- After entering your information, select *Continue*.
- Review your entries and select *Submit*.
- To record additional dates, repeat the above process.

How do I report my activity using a smartphone?

- Log in to the *MyUofMHealth* app. If you are a new app user, download the app in your App Store or Google Play store.
- Select *Menu*, then in the "My Record" section, select *Track My Health*.
- Select *Patient Reported MSHOP*.
- Select *Add Readings*.
- Enter the correct date, record your activity data and select *Save*.
- To add additional dates, select *Add Readings* again.



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How do I sync my smartphone step-counting app with the MyUofMHealth app?

iPhone users can sync the “Health” app. This app comes built in on an iPhone. Android users can sync the “Google Fit” app. This app can be downloaded from the Google Play store. Both of these apps track your steps via your phone’s movement. Set up these apps before starting the syncing process, then:



- Log in to your *MyUofMHealth* app
- Select *Menu*, then in the "My Record" section, select *Track My Health*.
- Select *Connect to Health/ Google Fit* located at the bottom of your screen and follow the instructions provided.



Your step data is now synced with your MyUofMHealth portal.

How do I sync my Fitbit to the MyUofMHealth patient portal?

You must sync your Fitbit through the MyUofMHealth website, not through the app.

- Log in to MyUofMHealth.org.
- Go to the *Menu* dropdown at the top of the page. Within "My Record" section, select *Track My Health*.
- Select *Connect My Account*.
- Select *Connect Account* next to the Fitbit icon.
- A window will pop up that will direct you to FitBit’s website. Select *Continue to Fitbit, Inc*. Then log in to your FitBit account.
- Once logged in, it will ask you if you would like Michigan Medicine to be able to access your Fitbit data. Check the box for *Activity and Exercise*, then select *Allow*.
- In the next pop-up window verify that there is a check mark by *Pedometer Steps*, then select *Start Syncing*.



Your step data is now synced with your MyUofMHealth portal.