

MyHealthRecord Patient Portal



Main Line Health®

How to export your health information

1. Log into your patient portal account by visiting myhealthrecord.com.

Log in

Username
username

Password
password

Log in

[Forgot Username](#)
[Forgot Password](#)

MyHealthRecord.com

Your online door to your doctor's office.

Your doctor has selected MyHealthRecord.com so you can access your medical records anytime, anywhere, manage your office appointments, talk privately to your care team, and receive the best care possible.

At your convenience

- View your health record from any Internet-enabled device
- Exchange secure messages with your healthcare provider
- Request and manage appointments

Anytime access

- Lab orders

2. Select **Visits** from the menu in the left column.

MyHealth Record

PS SB Demo

For emergencies, please call 911

Welcome

My Health My Messages My Appointments My Profile Pay My Bill

Summary

Visits

Medications

Health History Forms

Chart History

My Health Record

Test User 11/13/1974, F

Send [Blue Button Download my data](#)

Vitals

BP **121/82**
Temp **98.6° F**
Heart Rate **78/min**
O² Sat **70%**

Vitals History

Date	BP	Height	Weight	BMI
11/04/2015	100/90	70"	156.9 lbs	.00 kg/m ²

Social History

No recorded smoking status

3. You will be taken to a page showing a history of your office visits, vitals, test results and more. Click the link to **Download my data** in the upper right of the page. This will provide you with a PDF containing all of your health information from the portal. The PDF will download to your computer.

The screenshot shows the MyHealth Record portal interface. At the top, there is a blue header with the MyHealth Record logo on the left, the text 'PS SB Demo' in the center, and 'For emergencies, please call 911' on the right. Below the header is a navigation bar with icons for 'My Health', 'My Messages', 'My Appointments', 'My Profile', and 'Pay My Bill'. A 'Welcome' dropdown menu is visible on the right side of the navigation bar.

The main content area is titled 'My Visit Summary' and is for a user named 'Test User' with a birth date of '11/13/1974, F'. On the right side of this header, there is a 'Send' button and a 'Blue Button Download my data' button, which is highlighted with a green rectangular box and has a mouse cursor pointing at it.

The left sidebar contains navigation options: 'Summary', 'Visits', 'Medications', 'Health History Forms', and 'Chart History'. The main content area is divided into several sections:

- Visit Information:** Date: 03/29/2016; Type of visit: Routine Office Visit; Doctor name; Office Name; Street Address; City, State, Zip; Phone Number.
- Social History:** No recorded smoking status; Married.
- Procedures:** No available Procedures for this visit.
- Tests and Results:** No available Tests and Results for this visit.
- Vitals:** BP: 120/ 78; Temp: 98.1 ° F; Heart Rate: 68/min.