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## Export Health Data - Patient Portal

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### Steps to export health data

1. From the Health screen on your Patient account portal, click on **List View**.
2. From the drop-down list, select either **Day, Week, Month, Year** or **Custom** to filter the data range that can be seen. Below this, you can also click the checkboxes to include or remove certain measurements from the data that will be displayed.
3. Once you are viewing the data that you wish to export, click on **Export Health Data**. The data will be exported in CSV format and can be viewed as a text file or and can be viewed on a spreadsheet program such as Microsoft Excel, or viewed as a text file.

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