



Download Lab Report Instructions – AB

MyCompassCare Instructions – AB

1. Go to the MyHealth Records website <https://myhealth.alberta.ca/myhealthrecords>
2. Log in using your verified **Alberta.ca Account**
3. Open the **My Personal Records** application
4. On the dashboard, look for the section or tab labeled **Lab Results** (may be under a broader "Results, Reports and Readings"). Here, you will see your lab history for the past 18 months
5. Click the blue **"Print Lab Results"** button. (Note: you must click this specific blue button built into the page to get the PDF)
6. A prompt will ask you to select your preferred **date range**. You can choose "All" or select a specific timeframe (from 7 days up to 12 months). Click **"Save"** on your date selection.
7. A list of different health **record categories** will appear (e.g., immunizations, blood pressure, lab results). Select **Lab Results** and uncheck any other information you do not want in the file. Click **"Save"** on your category selection.
8. **Download the PDF** by clicking the blue **"Export"** button. The system will automatically generate a PDF report of your selected blood work. Save it directly to your computer / device.
9. Rename the reports with your name or initials, and the date of the report.