



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. Look at the left-hand navigation sidebar menu. **Do not go to the Lab dashboard.** Instead, scroll down and click directly on the menu link titled "**Print Reports**".
5. Click the blue "**Create Report**" button, **select PDF**, and click Next.
6. **Strip out the unnecessary pages (Crucial Step):** You will see a list of check boxes for different medical categories in the report (i.e. Medications, Immunizations, Journals, Labs). **Uncheck everything EXCEPT "Lab Results".**
7. Change the date setting from "All" to "**Custom Range**". Set both the **start** and **end dates** to the exact week of the specific blood test result you want to send. Click Next.
8. Click "Export". The system will automatically generate a PDF report of your selected blood work. The screen will show the report as Pending. Refresh the page after 20–30 seconds and click "Download" to save it directly to your computer / device.
9. Rename the reports with your name or initials, and the date of the report.