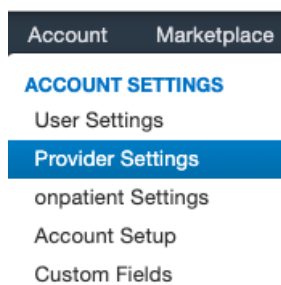# Turning On and Turning Off Your Sample Data

07/08/2024 7:49 pm EDT

The **Sample Data** option in DrChrono is a great way to familiarize yourself with the DrChrono EHR before adding actual patient data. It is designed to be turned on so you can practice and learn the DrChrono platform and turn off and remove the data once you are comfortable and ready to add your actual patient data.

Below are the instructions for enabling and disabling demo patient data in your account.

1. Navigate to **Account** > **Provider Settings**.

2. Select the **Sample Data** tab. Turn the sample data on or off. To save changes to your profile, click **Update Entire Profile**.