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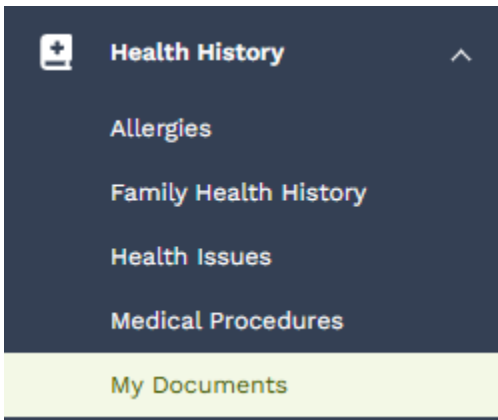
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3 Health History

The **Health History** tool allows you to self-enter various pieces of your health history. The following tools are currently available in **Health History**:

- Allergies
- Family Health History
- Health Issues
- Medical Procedures
- My Documents

The information within the tool can be accessed through the **Health Records** dropdown on the left-hand navigation bar:



3.1 Allergies

At the top of the **Allergies** tool, you will see a button that allows you to **Add Allergy**.

Allergies

You can keep track of your Allergies here. People can have allergies to foods, medications or other things around them. Talk with your virtual or in-person Healthcare provider if you want to learn more about managing your Allergies.

View, edit or delete an allergy by clicking on the Allergy name below.



When you click on this button, a window will open on the right-hand side of your screen. Here is where you can enter your allergy information. Once you enter your information, click **Save** on the bottom right-hand corner of your screen.

Add Allergy
✕

Enter the details of your Allergies then click Save. * Indicates a required field

***Allergic To**

Trigger

Level of Reaction

Serious
▾

Reaction

Date of 1st Reaction

2024-12-02
✕ 📅

[Don't know exact date?](#)

What Helps?

Avoidance; Epi Pen; Benadryl

Cancel

➔

Save

As you enter your information, you will see a list populate on the main **Allergies** screen.

You can keep track of your Allergies here. People can have allergies to foods, medications or other things around them. Talk with your virtual or in-person Healthcare provider if you want to learn more about managing your Allergies.

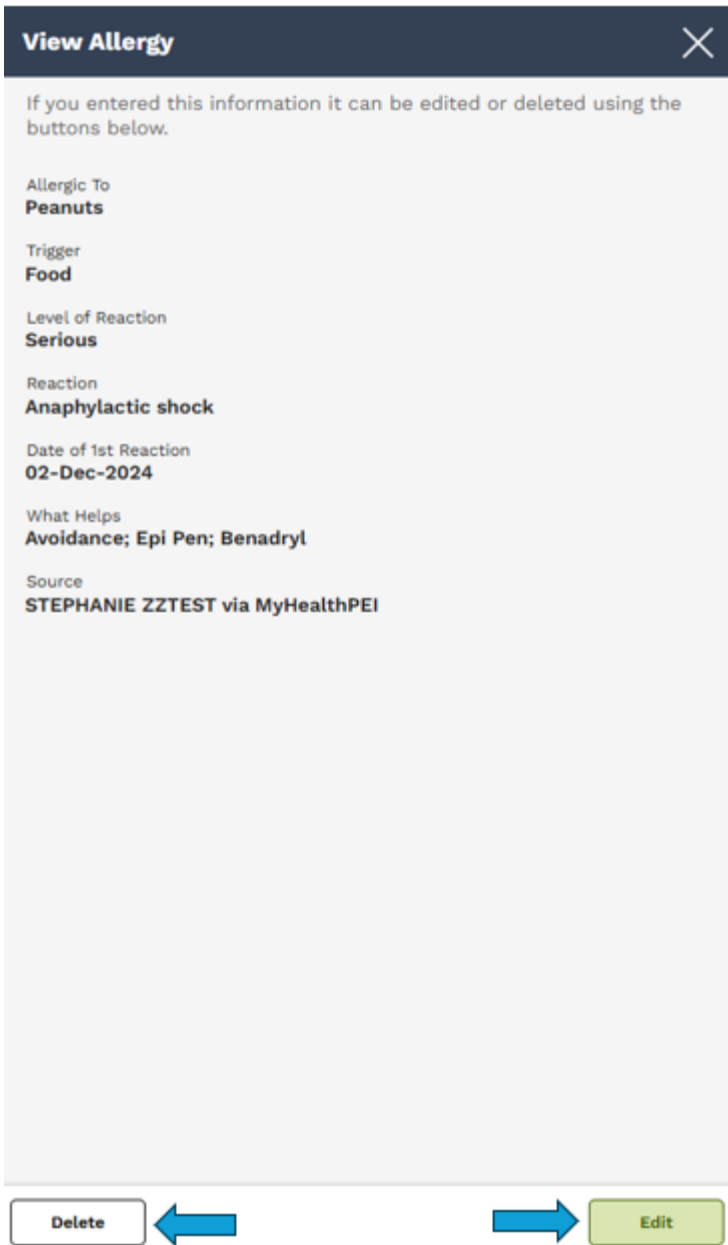
View, edit or delete an allergy by clicking on the Allergy name below.

Add Allergy

Allergic To ▾	Trigger ▾	Reaction ▾	What Helps? ▾	Personal Notes
Peanuts	Food	Anaphylactic shock	Avoidance; Epi Pen; Benadryl	<div style="border: 1px solid #ccc; padding: 2px 5px; border-radius: 5px; display: inline-block;">Add/View Personal Notes</div> >

1 - 1 of 1 | Page 1 of 1

If you would like to either edit or delete existing data, click on the line you wish to edit or delete. Then click on the **Edit** or **Delete** button on the bottom of the **View Allergy** popup window.



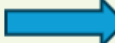
If you are choosing to edit, you can simply select **Edit** and type in your updated information.


If you are choosing to delete, please click the **Delete** button, followed by the **Delete** button pictured below.

Are you sure you want to delete this item?



You can also add or view your personal notes. It is important to know that the notes you add are *only visible by yourself* unless you choose to share your record. Select the **Add/View Personal Notes** button and you will see a pop-up open on the right-hand side of your screen. Here, you will see an area where you can view or type in your notes. If it is a new note, once you're done typing click on **Add**.

Allergic To	Trigger	Reaction	What Helps?	Personal Notes
Peanuts	Food	Anaphylactic shock	Avoidance; Epi Pen; Benadryl	 Add/View Personal Notes >

Personal Notes 

There are no personal notes available for this item.

Notes are for your personal record only. Please share any concerns directly with your healthcare provider(s).



To delete a note, click the **Add/View Personal Notes** button associated with the record. Click the **garbage icon (Delete)**. When prompted, click **Delete** again to confirm.

Personal Notes ✕

STEPHANIE ZZTEST 🗑 Delete

30-Jun-2025 03:31 PM

Test

Source STEPHANIE ZZTEST via MyHealthPEI

Are you sure you want to delete this item?

Cancel

Delete

If you have added a personal note to an entry, the **Personal Notes** button for that entry will display as orange:

Allergic To ↕	Trigger ↕	Reaction ↕	What Helps? ↕	Personal Notes
Peanuts	Food	Anaphylactic shock	Avoidance; Epi Pen; Benadryl	View Personal Notes

1 - 1 of 1 | Page 1 of 1

Helpful links are included in the Related Information box at the bottom of the **Allergies** tab.

Related Information:

- [Allergy Resources | CSACI](#) 🔗
- [Allergies | BC](#) 🔗
- [Allergy Diagnosis | Food Allergy Canada](#) 🔗
- [Introducing Allergens to Babies | Food Allergy Canada](#) 🔗
- [Allergies and Asthma | Asthma Canada](#) 🔗

3.2 Family Health History

At the top of the **Family Health History** tool, you will see a button that allows you to **Add Family Health Issue**.

Your family health history is important to discuss with your virtual or in-person health care providers. Please share this information with them at your next visit.

Knowing what health conditions your family members have can help your healthcare team plan early interventions or monitoring. They can also give you recommendations for supporting your health based on your family health history!



When you click on this button, a window will open on the right-hand side of your screen. Here is where you can enter your family health history information. You can enter a single health issue, or you can enter multiple by selecting the **+ Add New** button.

Once you enter your information, click **Save** on the bottom right-hand corner of your screen.

Add Family Health Issue ✕

Enter the details about your Family Health History then click Save.
* Indicates a required field

*Relationship
Father

First Name
Carl

*Health Issue
Diabetes

+ Add New

Cancel Save

As you enter your information, you will see a list populate on the main **Family Health History** screen.

Your family health history is important to discuss with your virtual or in-person health care providers. Please share this information with them at your next visit.

Knowing what health conditions your family members have can help your healthcare team plan early interventions or monitoring. They can also give you recommendations for supporting your health based on your family health history!

[Add Family Health Issue](#)

Health Issue	Relationship	First Name	Personal Notes
Diabetes Allergies	Father	Carl	Add/View Personal Notes

1 - 1 of 1 | Page 1 of 1

If you would like to either edit or delete existing data, click on the line you wish to edit or delete. Then click on the **Edit** or **Delete** button on the bottom of the **View Family Health Issue** popup window.

View Family Health Issue

If you entered this information it can be edited or deleted using the buttons below.

Relationship
Father

First Name
Carl

Health Issue
Diabetes
Allergies

Source
STEPHANIE ZZTEST via MyHealthPEI

[Delete](#) [Edit](#)

If you are choosing to edit, you can simply select **Edit** and type in your updated information.

If you are choosing to delete, please click the **Delete** button, followed by the **Delete** button pictured below.

Are you sure you want to delete this item?

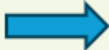


You can also add or view your personal notes. It is important to know that the notes you add are *only visible by yourself* unless you choose to share your record. Select the **Add/View Personal Notes** button and you will see a pop-up open on the right-hand side of your screen. Here, you will see an area where you can view or type in your notes. If it is a new note, once you're done typing click on **Add**.

Your family health history is important to discuss with your virtual or in-person health care providers. Please share this information with them at your next visit.

Knowing what health conditions your family members have can help your healthcare team plan early interventions or monitoring. They can also give you recommendations for supporting your health based on your family health history!

Add Family Health Issue

Health Issue	Relationship	First Name	Personal Notes
Diabetes Allergies	Father	Carl	 Add/View Personal Notes >

1 - 1 of 1 | Page 1 of 1

Personal Notes ✕

There are no personal notes available for this item.

Notes are for your personal record only. Please share any concerns directly with your healthcare provider(s).



To delete a note, click the **Add/View Personal Notes** button associated with the record. Click the **garbage icon (Delete)**. When prompted, click **Delete** again to confirm.

Personal Notes ✕

STEPHANIE ZZTEST 🗑 Delete
30-Jun-2025 03:31 PM


Test

Source STEPHANIE ZZTEST via MyHealthPEI

Are you sure you want to delete this item?



If you have added a personal note to an entry, the **Personal Notes** button for that entry will display as orange:

Health Issue	Relationship	First Name	Personal Notes
Diabetes Allergies	Mother	Carl	 View Personal Notes

1 - 1 of 1 | Page 1 of 1

Helpful links are included in the Related Information box at the bottom of the **Family Health History** tab.

Related Information:

- [Diseases and Conditions | Canada](#)
- [Disease and Disease Prevention | BC](#)
- [Advance Care Planning | PEI](#)
- [Health Conditions and Treatments | Caring for Kids](#)
- [Health Topics | Medline Plus](#)

3.3 Health Issues

At the top of the **Health Issues** tool, you will see a button that allows you to **Add Health Issue**.

It's important to keep a record of the Health Issues you used to have or are now dealing with, such as: asthma, high blood pressure, cancer, bowel disease or mental health illness.

Keeping track here can help you remember the details when health care providers ask for information on your health history.



When you click on this button, a window will open on the right-hand side of your screen. Here is where you can enter your health issue information. Once you enter your information, click **Save** on the bottom right-hand corner of your screen.

Add Health Issue ✕

Enter the details about your Health Issue then click Save.

* Indicates a required field

***Health Issue**

Diagnosis Date

 ✕ 📅

[Don't know exact date?](#)

No longer have this health issue

Treatment

Cancel
➔
Save

As you enter your information, you will see a list populate on the main **Health Issues** screen.

It's important to keep a record of the Health Issues you used to have or are now dealing with, such as: asthma, high blood pressure, cancer, bowel disease or mental health illness.

Keeping track here can help you remember the details when health care providers ask for information on your health history.

Add Health Issue

Health Issue ↕	Diagnosis Date ↕	Treatment ↕	Personal Notes
Asthma	03-Mar-2010	Symbicort Inhaler; Ventolin for emergencies	Add/View Personal Notes ➤

1 - 1 of 1 | Page 1 of 1

If you would like to either edit or delete existing data, click on the line you wish to edit or delete. Then click on the **Edit** or **Delete** button on the bottom of the **View Health Issue** pop-up window.



If you are choosing to edit, you can simply select **Edit** and type in your updated information.

If you are choosing to delete, please click the **Delete** button, followed by the **Delete** button pictured below.

Are you sure you want to delete this item?



You can also add or view your personal notes. It is important to know that the notes you add are *only visible by yourself* unless you choose to share your record. Select the **Add/View Personal Notes** button and you will see a pop-up open on the right-hand side of your screen. Here, you will see an area where you can view or type in your notes. If it is a new note, once you're done typing click on **Add**.

It's important to keep a record of the Health Issues you used to have or are now dealing with, such as: asthma, high blood pressure, cancer, bowel disease or mental health illness.

Keeping track here can help you remember the details when health care providers ask for information on your health history.

Add Health Issue

Health Issue	Diagnosis Date	Treatment	Personal Notes
Asthma	03-Mar-2010	Symbicort Inhaler; Ventolin for emergencies	 Add/View Personal Notes >

1 - 1 of 1 | Page 1 of 1

Personal Notes

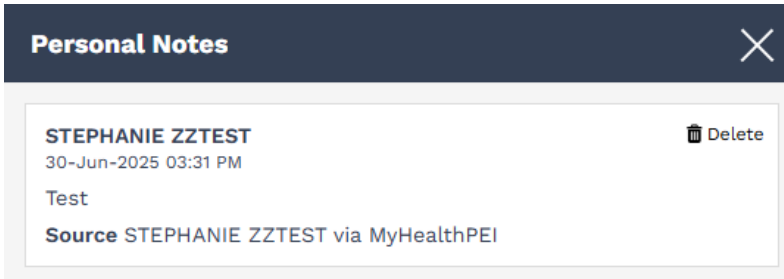


There are no personal notes available for this item.

Notes are for your personal record only. Please share any concerns directly with your healthcare provider(s).

 Add

To delete a note, click the **Add/View Personal Notes** button associated with the record. Click the **garbage icon (Delete)**. When prompted, click **Delete** again to confirm.



Are you sure you want to delete this item?

If you have added a personal note to an entry, the **Personal Notes** button for that entry will display as orange:

Health Issue	Diagnosis Date	Treatment	Personal Notes
Asthma	03-Mar-2010	Symbicort Inhaler; Ventolin for emergencies	 <input style="border: 1px solid orange; color: orange; background-color: #fff9c4;" type="button" value="View Personal Notes"/> >

1 - 1 of 1 | Page 1 of 1

Helpful links are included in the Related Information box at the bottom of the **Health Issues** tab.

Related Information:


- [Advance Care Planning | PEI](#)
- [Disease and Disease Prevention | BC](#)
- [How to Talk to your Doctor | Ontario](#)
- [Medication Coverage | PEI](#)
- [Patient Navigators | PEI](#)
- [Mental Health Support and Services | PEI](#)
- [Health Conditions and Treatments | Caring for Kids](#)

3.4 Medical Procedures

At the top of the **Medical Procedures** tool, you will see a button that allows you to **Add Medical Procedure**.

Remembering details about Medical Procedures you have had can be hard. Keep your own information here to make it easier.

Healthcare providers will often ask about your past Medical Procedures. Having it recorded here will help you keep track!



When you click on this button, a window will open on the right-hand side of your screen. Here is where you can enter your medical procedures information. Once you enter your information, click **Save** on the bottom right-hand corner of your screen.

Add Medical Procedure ✕

Enter the details about any past Medical Procedures you have had then click Save.

* Indicates a required field

Date
2025-03-03 ✕ 🗓 1 : 15 AM PM
[Don't know exact date?](#)


***Procedure Name**
Colonoscopy

Completed by
Dr. B

Facility Name
Hospital 1

Results
Normal

Part of Body
Colon



As you enter your information, you will see a list populate on the main **Medical Procedures** screen.

Remembering details about Medical Procedures you have had can be hard. Keep your own information here to make it easier.
Healthcare providers will often ask about your past Medical Procedures. Having it recorded here will help you keep track!

Date ▾	Procedure Name ▾	Part of Body ▾	Personal Notes
03-Mar-2025	Colonoscopy	Colon	<input type="button" value="Add/View Personal Notes"/> >

1 - 1 of 1 | Page 1 of 1

If you would like to either edit or delete existing data, click on the line you wish to edit or delete. Then click on the **Edit** or **Delete** button on the bottom of the **View Medical Procedure** pop-up window.

View Medical Procedure X

If you entered this information it can be edited or deleted using the buttons below.

Date
03-Mar-2025 01:15 AM

Procedure Name
Colonoscopy

Completed by
Dr. B

Facility Name
Hospital 1

Results
Normal

Part of Body
Colon

Source
STEPHANIE ZZTEST via MyHealthPEI



If you are choosing to edit, you can simply select **Edit** and type in your updated information.

If you are choosing to delete, please click the **Delete** button, followed by the **Delete** button pictured below.

Are you sure you want to delete this item?



You can also add or view your personal notes. It is important to know that the notes you add are *only visible by yourself* unless you choose to share your record. Select the **Add/View Personal Notes** button and you will see a

pop-up open on the right-hand side of your screen. Here, you will see an area where you can view or type in your notes. If it is a new note, once you're done typing click on **Add**.

Remembering details about Medical Procedures you have had can be hard. Keep your own information here to make it easier.

Healthcare providers will often ask about your past Medical Procedures. Having it recorded here will help you keep track!

[Add Medical Procedure](#)

Date ▾	Procedure Name ▾	Part of Body ▾	Personal Notes
03-Mar-2025	Colonoscopy	Colon	Add/View Personal Notes >

1 - 1 of 1 | Page 1 of 1

Personal Notes


There are no personal notes available for this item.

Notes are for your personal record only. Please share any concerns directly with your healthcare provider(s).

[Add](#)


To delete a note, click the **Add/View Personal Notes** button associated with the record. Click the **garbage icon (Delete)**. When prompted, click **Delete** again to confirm.

Personal Notes

STEPHANIE ZZTEST  Delete
30-Jun-2025 03:31 PM
Test
Source STEPHANIE ZZTEST via MyHealthPEI

Are you sure you want to delete this item?

If you have added a personal note to an entry, the **Personal Notes** button for that entry will display as **orange**:

Date	Procedure Name	Part of Body	Personal Notes
03-Mar-2025	Colonoscopy	Colon	 <input type="button" value="View Personal Notes"/>

1 - 1 of 1 | Page 1 of 1

Helpful links are included in the Related Information box at the bottom of the **Medical Procedures** tab.

Related Information:

- [Managing Pain | Pain Canada](#)
- [Caring for Wounds | Wounds Canada](#)
- [A Child's Surgery | PEI](#)
- [Patient Navigators | PEI](#)
- [811 TeleHealth | PEI](#)
- [After Surgery | AB](#)

3.5 My Documents

My Documents allows you to upload your personal health documents (for example, out of province results you receive on paper or via email), helping to keep it safe and all in one place for easy access.

You can upload your health documents to keep a digital copy secure. Some examples of health documents could be: copies of emails from your healthcare providers, pictures of medical instructions sheets or scans of handwritten prescriptions. You need to have the documents saved on your computer or device then click **Add Document**.

This could make it easier when talking about your personal health information later with your healthcare team!

Add Document

Date Range

All

Uploaded Date	Name	Size	File Type	Source	Action	Personal Notes
08-Jul-2025 12:04 PM	My Diabetes Passport final 2.docx	93 KB	Microsoft Office - OOXML - Word Document	JOHN ZZTEST via MyHealthPEI	View or Download	Add/View Personal Notes >

1 - 1 of 1 | Page 1 of 1

On this page, you will see a dropdown list titled **Date Range**. Clicking on this dropdown list will allow you to decide what timeframe you would like to view for your uploaded documents.

Date Range

All

- All
- Last 7 Days
- Last 14 Days
- Last 30 Days
- Last 90 Days
- Last 6 Months
- Last 12 Months
- Custom

The main section of this page features the list of documents that you have uploaded into **My Documents**.

Uploaded Date	Name	Size	File Type	Source	Action	Personal Notes
08-Jul-2025 12:04 PM	My Diabetes Passport final 2.docx	93 KB	Microsoft Office - OOXML - Word Document	JOHN ZZTEST via MyHealthPEI	View or Download	Add/View Personal Notes >

1 - 1 of 1 | Page 1 of 1

If you have more than one page of records, you will see a count of pages at the bottom of the list of uploaded documents, which you can move through the various pages of documents using the **Previous** and **Next** buttons.

1 - 10 of 264 | Page 1 of 27 | [← Previous](#) [Next →](#)

By clicking on the bolded text headers at the top of the list of documents, you can sort your records by the selected field.

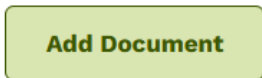
Uploaded Date	Name	Size	File Type	Source	Action	Comments
---------------	------	------	-----------	--------	--------	----------

3.5.1 Uploading a File into My Documents

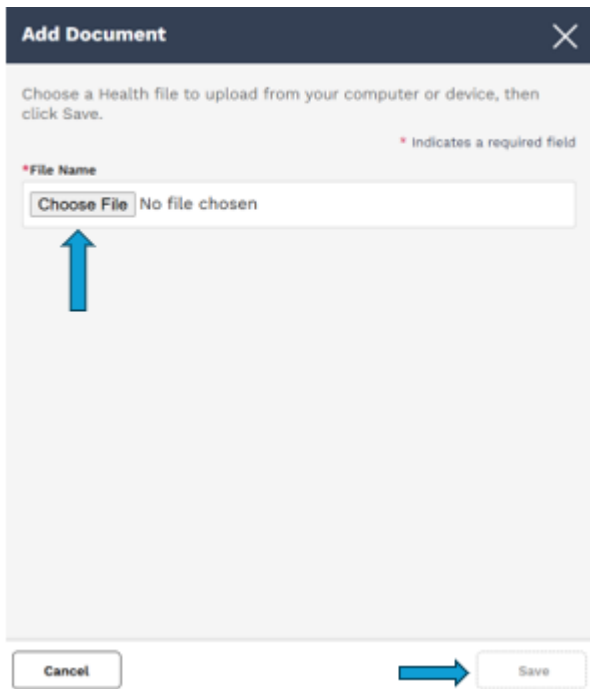
A couple of guidelines to know about before you begin the steps to upload a file:

1. Files uploaded can be no larger than **5MB**.
2. Many document types are accepted. Please find that detailed list below:
 - o .avi, .bmp, .ccd, .ccr, .cda, .doc, .docm, .docx, .gif, .jpg, .jpeg, .mp3, .one, .pdf, .png, .ppsm, .ppsx, .ppt, .pptm, .pptx, .pub, .rmsg, .rtf, .tif, .tiff, .txt, .vsd, .wav, .wma, .wmv, .xls, .xlsx, .xml

Once you have checked that your file follows the above guidelines, click on the **Add Document** button on the top right-hand corner of the **My Documents** screen.



In the **Add Documents** window that pops up, locate and select the file you would like to upload by clicking on the **Choose File** button. Once you locate this file, click **Open** to have your document upload, and then click **Save** on the bottom right-hand corner of the Add Document window.



Your document will now be viewable on the main page of the **My Documents** screen.

3.5.2 Viewing, Downloading, and Deleting Documents

Once you upload your document and it is viewable on the main **My Documents** screen, you can decide to either view the document within MyHealthPEI or download it to your computer or mobile device.

To view your record with the MyHealthPEI service, simply locate the name of the file you want to view on the **My Documents** screen and click anywhere on that line. A new window named **View Document** will open on the right-hand side of your screen:

✕
View Document

Use the delete button below to remove this information.

Uploaded Date
06-Nov-2024 03:30 PM

Name
XLS lt 5MB.xlsx


Size
105 KB

File Type
Microsoft Office - OOXML - Spreadsheet

Source
PEISTG Test2 via MyHealthPEI

Action

If you want to download a copy of the document, click on the **View or Download** button and you will see a pop-up on the top right-hand corner of your internet browser with the file name. Click on the pop-up that appears and your file will open. You can choose to save it on to your desktop or device.

Uploaded Date	Name	Size	File Type	Source	Action	Personal Notes
08-Jul-2025 12:04 PM	My Diabetes Passport final 2.docx	93 KB	Microsoft Office - OOXML - Word Document	JOHN ZZTEST via MyHealthPEI	 <input type="button" value="View or Download"/>	<input type="button" value="Add/View Personal Notes"/> >

1 - 1 of 1 | Page 1 of 1

To delete a document you have uploaded, you will see a **Delete** button on the bottom left-hand corner of the **View Document** button.

View Document ✕

Use the delete button below to remove this information.

Uploaded Date
06-Nov-2024 03:30 PM


Name
XLS It 5MB.xlsx

Size
105 KB

File type
Microsoft Office - OOXML - Spreadsheet

Source
PEISTG Test2 via MyHealthPEI

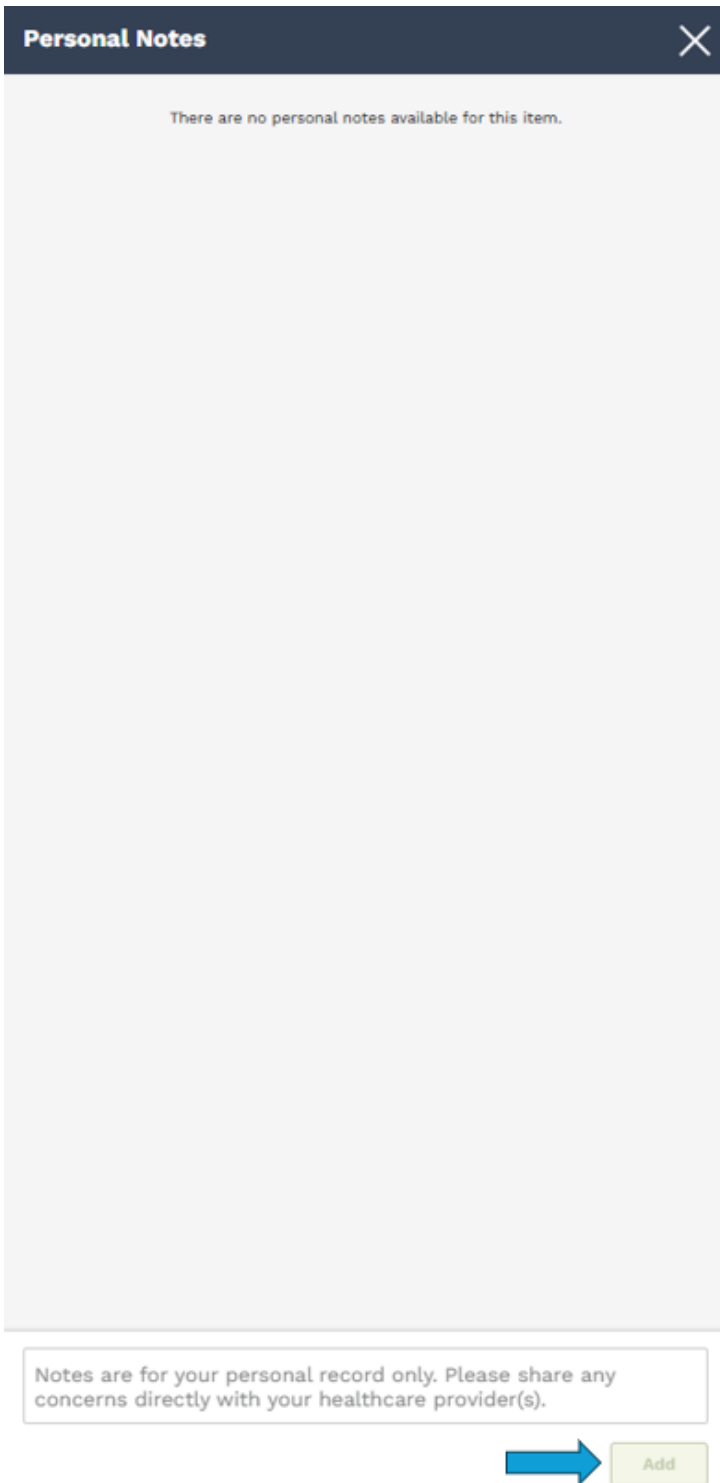
Action
[View or Download](#)

[Delete](#) 

3.5.3 Adding, Viewing, and Deleting Personal Notes

You can also add or view your personal notes. It is important to know that the notes you add are *only visible by yourself* unless you choose to share your record. Select the **Add/View Personal Notes** button and you will see a pop-up open on the right-hand side of your screen. Here, you will see an area where you can view or type in your notes. If it is a new note, once you're done typing click on **Add**.

Uploaded Date ↕	Name ↕	Size ↕	File Type ↕	Source ↕	Action	Personal Notes
08-Jul-2025 12:04 PM	My Diabetes Passport final 2.docx	93 KB	Microsoft Office - OOXML - Word Document	JOHN ZZTEST via MyHealthPEI	View or Download	Add/View Personal Notes >



To delete a note, click the **Add/View Personal Notes** button associated with the record. Click the **garbage icon (Delete)**. When prompted, click **Delete** again to confirm.

Personal Notes ✕

STEPHANIE ZZTEST 🗑 Delete

30-Jun-2025 03:31 PM

Test

Source STEPHANIE ZZTEST via MyHealthPEI

Are you sure you want to delete this item?

Cancel

Delete

If you have added a personal note to an entry, the **Personal Notes** button for that entry will display as orange:

Uploaded Date	Name	Size	File Type	Source	Action	Personal Notes
04-Jun-2025 06:06 PM	Diagnostic_Imaging_Reports_29_05_2025.pdf	87 KB	Adobe Portable Document Format	STEPHANIE ZZTEST via MyHealthPEI	View or Download	View Personal Notes >

1 - 1 of 1 | Page 1 of 1