

# MyHealthPEI Resource Guide: Health History

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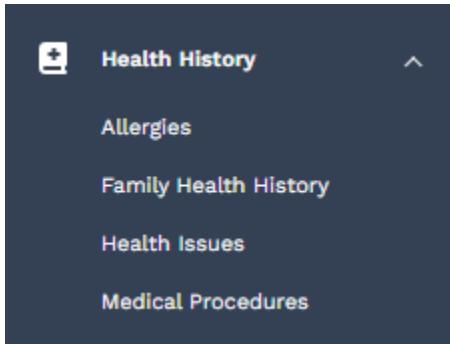
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# 3 Health History

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

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** X

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

**\*Allergic To**  
Peanuts

**Trigger**  
Food

**Level of Reaction**  
Serious

**Reaction**  
Anaphylactic shock

**Date of 1st Reaction**  
2024-12-02 X   
[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	<a href="#">Add/View Personal Notes</a>
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.

**View Allergy** X

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

Allergic To  
**Peanuts**

Trigger  
**Food**

Level of Reaction  
**Serious**

Reaction  
**Anaphylactic shock**

Date of 1st Reaction  
**02-Dec-2024**

What Helps  
**Avoidance; Epi Pen; Benadryl**

Source  
**STEPHANIE ZZTEST via MyHealthPEI**



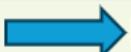
If you are choosing to edit, you can simply select **Edit** and type in your updated information.

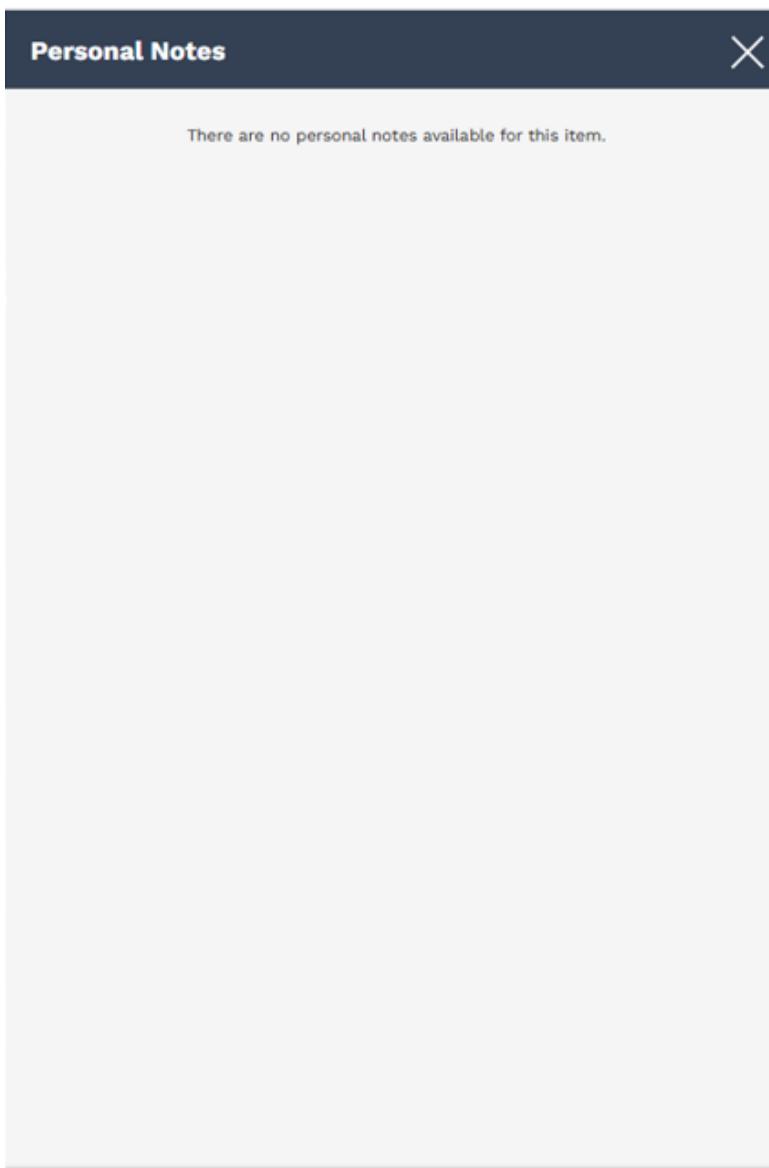
If you are choosing to delete, please click the **Delete** button, followed by the **Delete** button pictured below.

**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**.

Allergic To	Trigger	Reaction	What Helps?	Personal Notes
Peanuts	Food	Anaphylactic shock	Avoidance; Epi Pen; Benadryl	 <a href="#">Add/View Personal Notes</a> 



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

30-Jun-2025 03:31 PM

Test

Source STEPHANIE ZZTEST via MyHealthPEI

 Delete

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	 

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!



 Add Family Health Issue

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** X

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

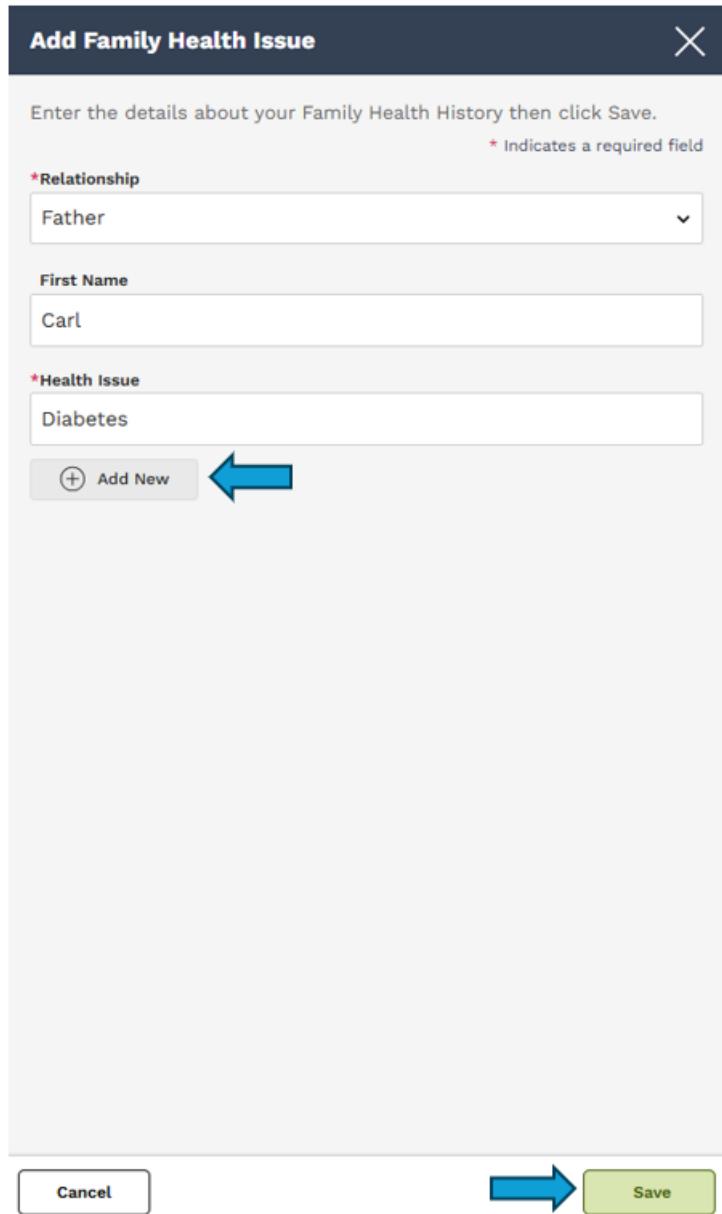
**\*Relationship**  
Father

**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!

				<a href="#">Add Family Health Issue</a>
Health Issue	Relationship	First Name	Personal Notes	
Diabetes Allergies	Father	Carl	<a href="#">Add/View Personal Notes</a>	<a href="#">&gt;</a>
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** X

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!

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

30-Jun-2025 03:31 PM

Delete

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**:

Health Issue ▾	Relationship ▾	First Name ▾	Personal Notes
Diabetes Allergies	Mother	Carl	 <b>View Personal Notes</b> 

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** X

Enter the details about your Health Issue then click Save. \* Indicates a required field

**\*Health Issue**  
Asthma

**Diagnosis Date**  
2010-03-03 X   
[Don't know exact date?](#)

No longer have this health issue

**Treatment**  
Symbicort Inhaler; Ventolin for emergencies

[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	<a href="#">Add/View Personal Notes</a> <span style="float: right;">&gt;</span>

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.

**View Health Issue**

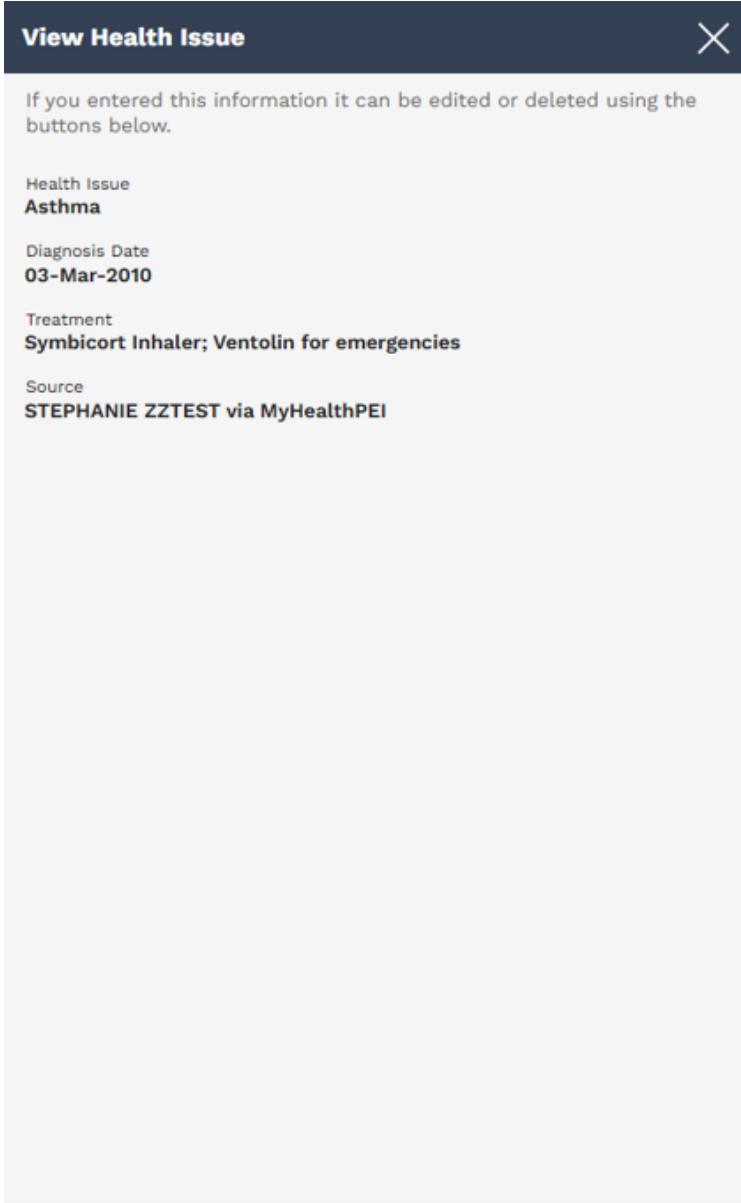
If you entered this information it can be edited or deleted using the buttons below.

Health Issue  
**Asthma**

Diagnosis Date  
**03-Mar-2010**

Treatment  
**Symbicort Inhaler; Ventolin for emergencies**

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?**

**Cancel**

**Delete**

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	<a href="#">Add/View Personal Notes</a>	>

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## Personal Notes

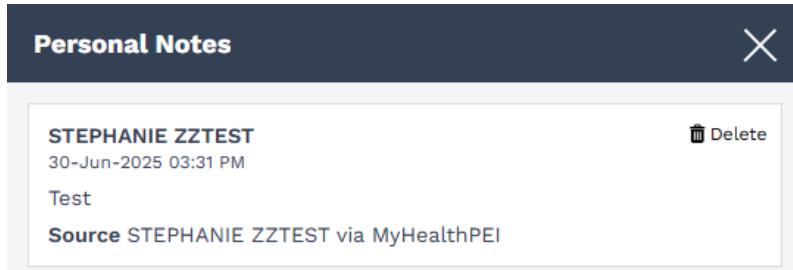


There are no personal notes available for this item.

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  
30-Jun-2025 03:31 PM

Test

Source STEPHANIE ZZTEST via MyHealthPEI

Delete

**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	 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:

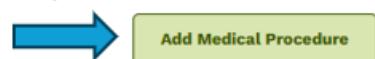
- [Advance Care Planning | PEI](#)
- [Disease and Disease Prevention | BC](#)
- [How to Talk to your Doctor | Ontario](#)
- [Medication Coverage | PEI](#)
- [Patient Navigators | PEI](#)
- [Mental Health Support and Services | PEI](#)
- [Health Conditions and Treatments | Caring for Kids](#)

### 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** X

Enter the details about any past Medical Procedures you have had then click Save. \* Indicates a required field

**Date**  
2025-03-03 X  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

Cancel Save

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!

<span style="border: 1px solid #80bfff; padding: 5px 10px; border-radius: 5px; text-decoration: none; font-weight: bold;">Add Medical Procedure</span>			
Date	Procedure Name	Part of Body	Personal Notes
03-Mar-2025	Colonoscopy	Colon	<span style="border: 1px solid #ccc; padding: 2px 10px; border-radius: 5px; text-decoration: none; color: #80bfff;">Add/View Personal Notes</span> <span style="float: right;">&gt;</span>

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**

---

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?**

Cancel Delete

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	 <a href="#" style="border: 1px solid #80B040; padding: 2px 10px; color: inherit; text-decoration: none;">Add/View Personal Notes</a> <span style="float: right;">&gt;</span>

1 - 1 of 1 | Page 1 of 1

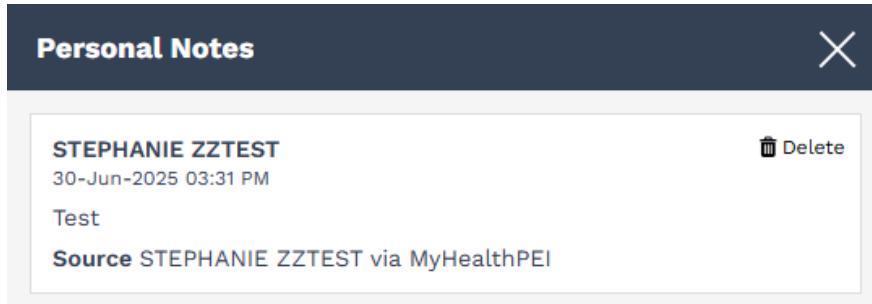
**Personal Notes** X

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?**

**Cancel**

**Delete**

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	 <b>View Personal Notes</b>

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](#) ↗