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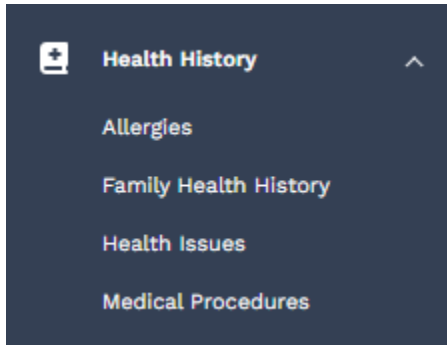
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3 Health History

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

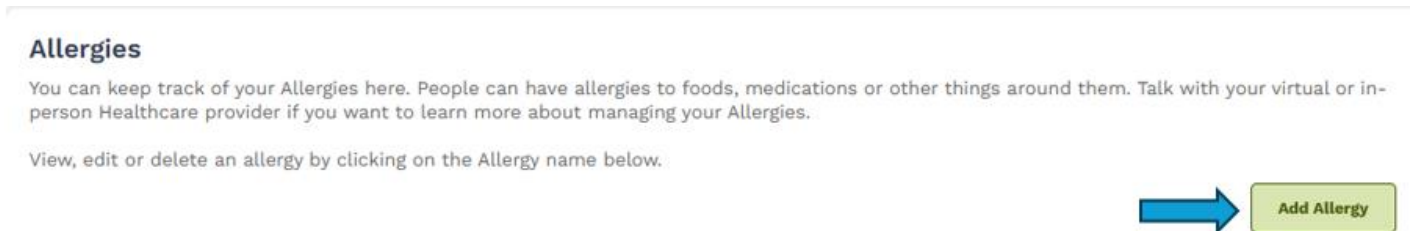
- Allergies
- Family Health History
- Health Issues
- Medical Procedures

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**.



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

Peanuts

Trigger

Food

Level of Reaction

Serious

Reaction

Anaphylactic shock

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>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.

View Allergy

×

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

Delete

←

→

Edit

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

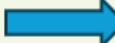

If you are choosing to delete, please click the **Delete** button, followed by the **Delete** button pictured below.

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**.


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

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?

CancelDelete

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	<div>View Personal Notes</div>

1 - 1 of 1Page 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**.

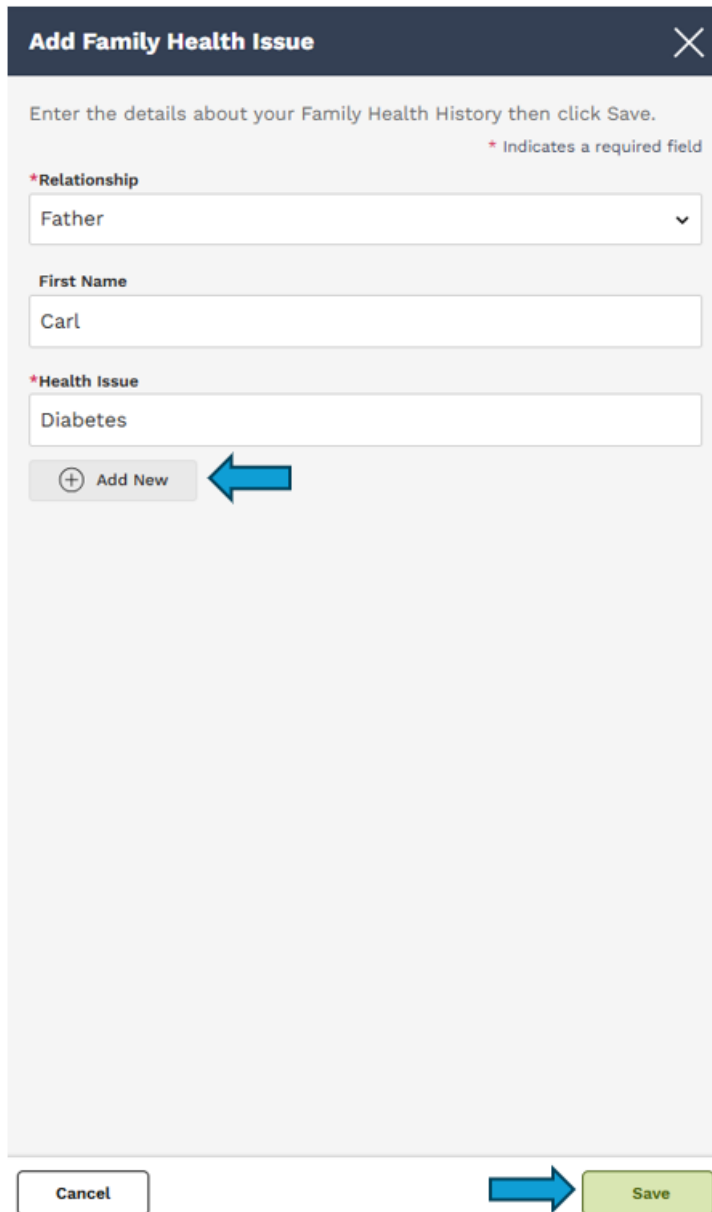
Your family health history is important to discuss with your virtual or in-person health care providers. Please share this information with them at your next visit.

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.



The screenshot shows a modal window titled "Add Family Health Issue" with a close button (X) in the top right corner. Inside the modal, there is a header instruction: "Enter the details about your Family Health History then click Save." followed by a red asterisk and the text "* Indicates a required field". The form contains three main sections: 1. "*Relationship" with a dropdown menu currently showing "Father". 2. "First Name" with a text input field containing "Carl". 3. "*Health Issue" with a text input field containing "Diabetes". Below the "Health Issue" field is a button with a plus icon and the text "Add New", which has a blue arrow pointing to it from the left. At the bottom of the modal, there are two buttons: "Cancel" on the left and "Save" on the right, with a blue arrow pointing to the "Save" button.

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?

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**.

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	<div>Add/View Personal Notes</div>

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

Test


Source STEPHANIE ZZTEST via MyHealthPEI

🗑 Delete

10

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	 <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 **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

Asthma

Diagnosis Date

2010-03-03

×

📅

[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	<div>Add/View Personal Notes</div> <div>></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 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	<div>Add/View Personal Notes</div>

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

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:

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

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!

Add Medical Procedure

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

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!

Add Medical Procedure

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

1 - 1 of 1 | Page 1 of 1

16

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

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	<div>Add/View Personal Notes</div>

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

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:

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

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