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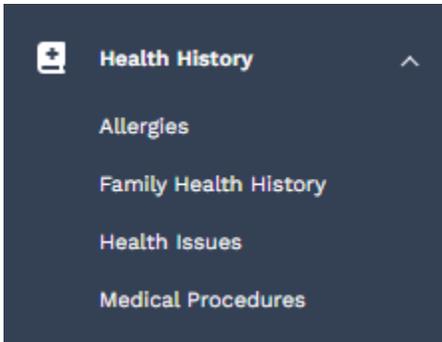
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3 Health History

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**

Trigger

Level of Reaction

Reaction

Date of 1st Reaction
 ✕ 📅

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

What Helps?

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.

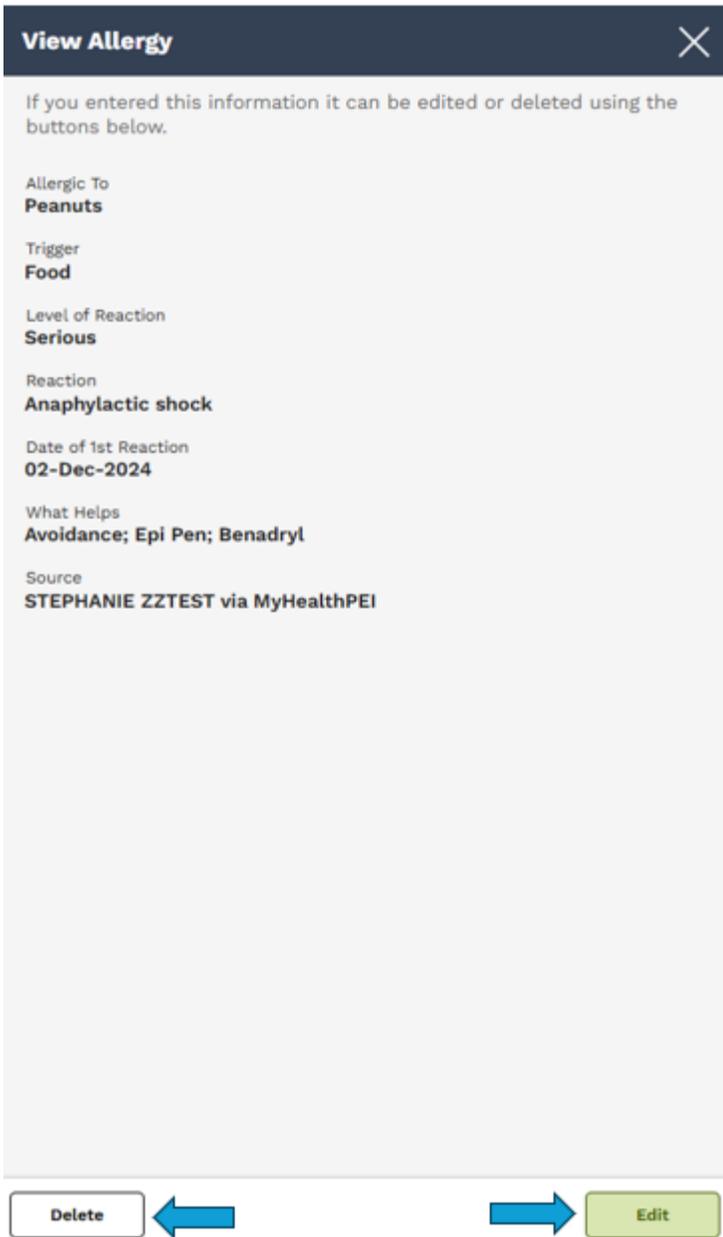
View, edit or delete an allergy by clicking on the Allergy name below.

Add Allergy

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

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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).

 [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?

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.

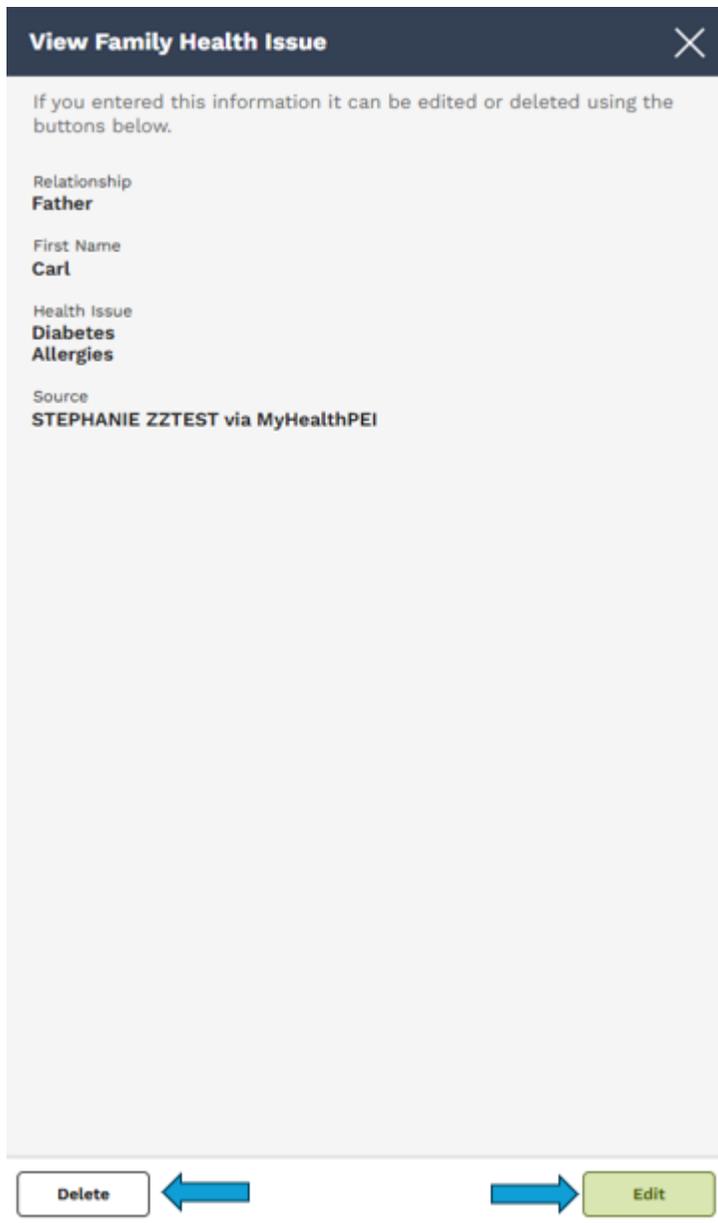
Knowing what health conditions your family members have can help your healthcare team plan early interventions or monitoring. They can also give you recommendations for supporting your health based on your family health history!

[Add Family Health Issue](#)

Health Issue ⌵	Relationship ⌵	First Name ⌵	Personal Notes
Diabetes Allergies	Father	Carl	<div style="border: 1px solid #ccc; padding: 2px 5px; border-radius: 5px; display: inline-block;">Add/View Personal Notes</div> >

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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.



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

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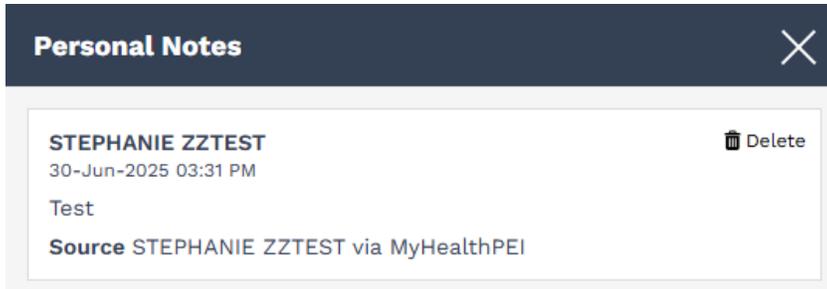
Personal Notes

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.



The screenshot shows a dark blue header with the text "Personal Notes" and a white close button (X). Below the header is a white box containing the following text: "STEPHANIE ZZTEST" in bold, "30-Jun-2025 03:31 PM", "Test", and "Source STEPHANIE ZZTEST via MyHealthPEI". In the top right corner of this white box is a trash can icon followed by the word "Delete".

Are you sure you want to delete this item?



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



The box has a light green background and is titled "Related Information:". It contains a list of five links, each with an external link icon:

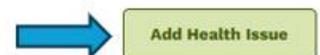
- [Diseases and Conditions | Canada](#)
- [Disease and Disease Prevention | BC](#)
- [Advance Care Planning | PEI](#)
- [Health Conditions and Treatments | Caring for Kids](#)
- [Health Topics | Medline Plus](#)

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	<div style="display: flex; align-items: center; justify-content: flex-end;"> <div style="border: 1px solid #ccc; padding: 2px 5px; font-size: small;">Add/View Personal Notes</div> <div style="margin-left: 10px; font-size: 20px;">➤</div> </div>

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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 >

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Personal Notes

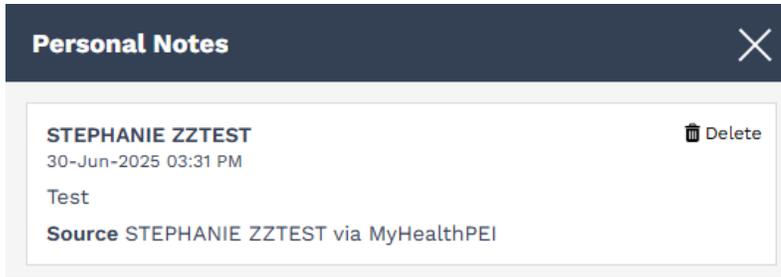


There are no personal notes available for this item.

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.



The screenshot shows a window titled "Personal Notes" with a close button (X) in the top right corner. Inside the window, there is a note for "STEPHANIE ZZTEST" dated "30-Jun-2025 03:31 PM". The note content is "Test" and the source is "Source STEPHANIE ZZTEST via MyHealthPEI". A "Delete" button with a trash icon is located in the top right corner of the note area.

Are you sure you want to delete this item?



The confirmation dialog contains two buttons: "Cancel" and "Delete". The "Delete" button is highlighted with a blue border.

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



The "Related Information" box contains the following links:

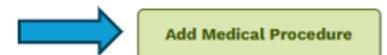
- [Advance Care Planning | PEI](#)
- [Disease and Disease Prevention | BC](#)
- [How to Talk to your Doctor | Ontario](#)
- [Medication Coverage | PEI](#)
- [Patient Navigators | PEI](#)
- [Mental Health Support and Services | PEI](#)
- [Health Conditions and Treatments | Caring for Kids](#)

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

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 style="border: 1px solid #ccc; padding: 2px 5px; display: inline-block;">Add/View Personal Notes</div> >

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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

← →

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

30-Jun-2025 03:31 PM

Test

Source STEPHANIE ZZTEST via MyHealthPEI

 Delete

Are you sure you want to delete this item?

Cancel

Delete

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](#) 