

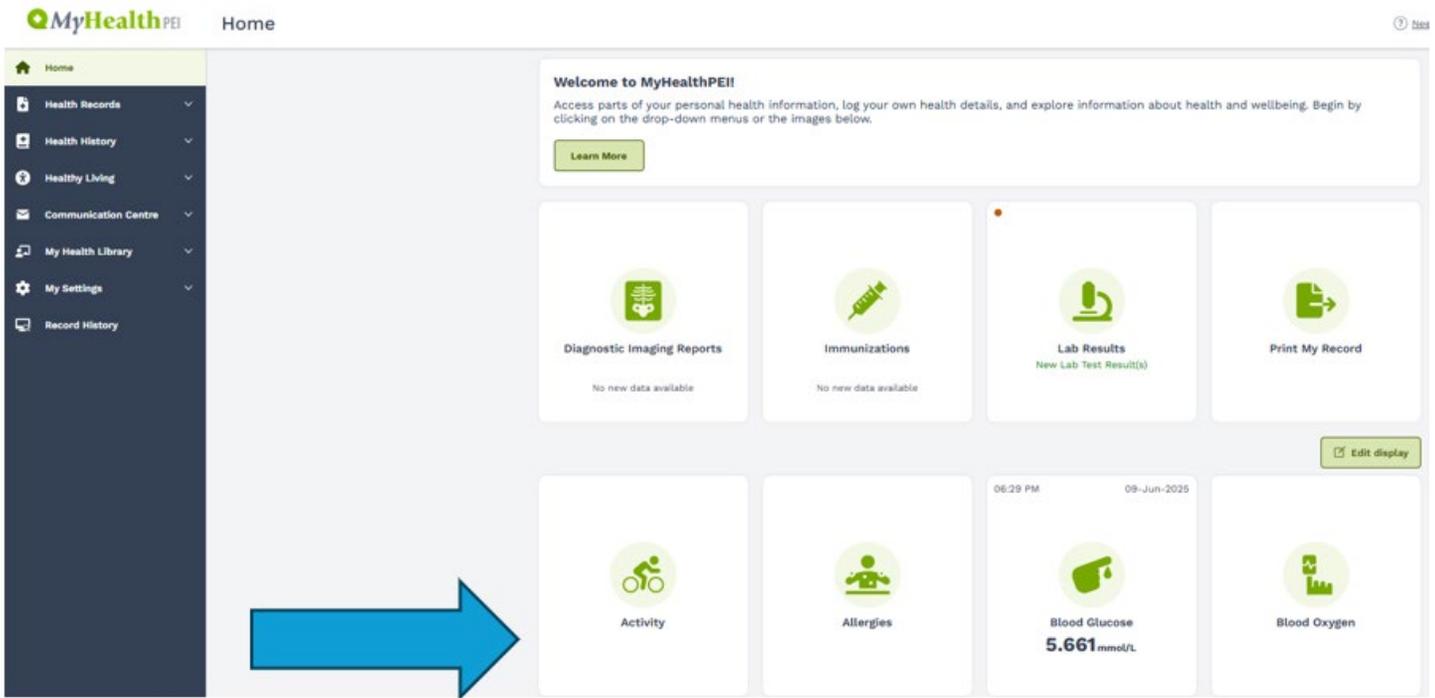
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4 Healthy Living

The **Healthy Living** tool will provide you with easy and secure access to select self-entry personal health information, helping you to better manage your health and track progress towards your health goals.

The tool can be accessed in two different ways. On the **Home** dashboard, you can click on the tiles in the centre of the screen, available below the **Diagnostic Imaging, Immunizations, Lab Results** and **Print My Records** tools.



Or you can open the **Healthy Living** dropdown on the left-hand navigation bar and select from the below list:



Menu Options	Sub-Options
Body Measurements	<ul style="list-style-type: none"> • Height, Weight & BMI • Body Measurements
Vital Signs & Reading	<ul style="list-style-type: none"> • Blood Glucose • Blood Oxygen (O2) Saturation • Blood Pressure • Cholesterol • Heart Rate • Hemoglobin A1C • Temperature
Personal Logs	<ul style="list-style-type: none"> • Activity • Food and Nutrition

	<ul style="list-style-type: none">• Inhaler• Insulin• Sleep
--	---

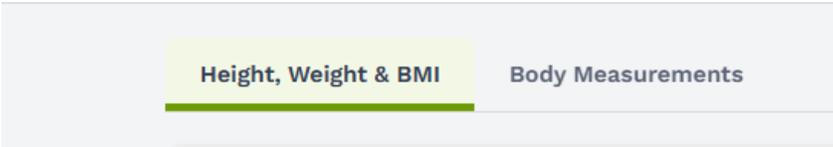
If you have one of the eligible wearable devices, you can choose to sync your device to MyHealthPEI. This will allow for automatic entry of information into the sub-options within the various Healthy Living tools.

4.1 Body Measurements

The **Body Measurements** tool allows you to self-enter and track your body measurements, such as weight, height, and BMI. The tool consists of the following sub-tools:

- Height, Weight & BMI
- Body Measurements

Body Measurements



4.1.1 Height, Weight & BMI

At the top of the Height, Weight & BMI tab, you will see a button that allows you to **Add Height, Weight & BMI**.

Height, Weight & BMI

Maintaining a healthy weight can help prevent many other health concerns. Your BMI (Body Mass Index) is a way to compare your weight to your height and can help you keep track of your or your child's healthy weight range.



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 information.

Add Height, Weight & BMI ✕

* Indicates a required field

***Date**
05-12-2024 ✕ 2 : 32 AM PM

Toggle Entry Mode
Weight and Height Mode ▼

***Height**
ft in ft and in ▼

***Weight**
 lbs ▼

You can choose to enter your weight and height, which will automatically calculate your BMI, or you can directly input your BMI. To access the options for entering your information, select the dropdown underneath **Toggle Entry Mode**.

Toggle Entry Mode

- Weight and Height Mode ▼
- Direct BMI Mode
- Weight and Height Mode**

ft in ft and in ▼

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

Add Height, Weight & BMI ✕

* Indicates a required field

***Date**
05-12-2024 ✕  2 : 32 AM PM

Toggle Entry Mode
Weight and Height Mode ▾

***Height**
ft in ft and in ▾

***Weight**
 lbs ▾



Once you enter your information, you will see a graph begin to fill out along with a list of each entry, which populates below the graph.

Height, Weight & BMI

Maintaining a healthy weight can help prevent many health concerns. Your BMI (Body Mass Index) is a measure of body fat based on your height and weight. Body Mass Index is one [tool](#) you can use to keep track of your healthy weight range.

Add Height, Weight & BMI

Date Range

All



Date	BMI	Height	Weight	Source	Personal Notes
27-May-2025 03:23 PM	29.5	4'0.8"	100 lbs	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
08-May-2025 03:14 PM	23.7	5'2.9"	134 lbs	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes

1 - 2 of 2 | Page 1 of 1

If you wish to pull only a certain timeframe to show in your graph and accompanying list, select the **Date Range** dropdown and choose your desired dates:

Date Range

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

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 Height, Weight & BMI** pop-up window.

View Height, Weight & BMI ✕

Date
13-Nov-2024 04:30 PM

BMI
25.0

Height
5'5"

Weight
150.5 lbs

Source
PEISTG Test2 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**.

Date	BMI	Height	Weight	Source	Personal Notes
27-May-2025 03:23 PM	29.5	4'0.8"	100 lbs	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >
08-May-2025 03:14 PM	23.7	5'2.9"	134 lbs	STEPHANIE ZZTEST via MyHealthPEI	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?

As you continue to scroll down on the **Height, Weight & BMI** tab, you will see two additional sections with graphs and entries, one for weight and one for height. You cannot enter any data here directly, but these sections will pull from the data you enter when you click on the **Add Height, Weight & BMI** at the top of the tab.

Weight

Maintaining a healthy weight is important for everyone. [Healthy eating](#) and [exercise](#) contribute to a healthy weight and lifestyle.

View your weight trend over time, you can click on each entry to see details.

Unit

Date Range



Date	Value	Source	Personal Notes
27-May-2025 03:23 PM	100 lbs	STEPHANIE ZZTEST via MyHealthPEI	<input type="button" value="Add/View Personal Notes"/> >
08-May-2025 03:14 PM	134 lbs	STEPHANIE ZZTEST via MyHealthPEI	<input type="button" value="Add/View Personal Notes"/> >

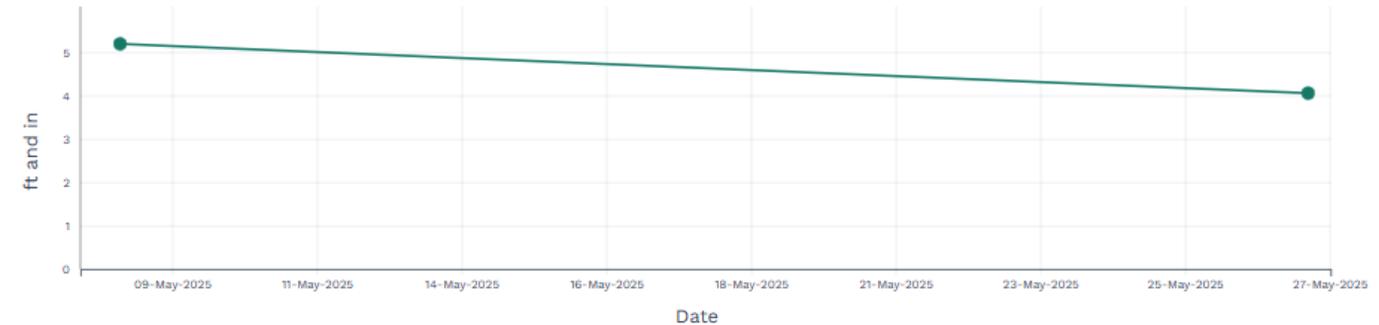
Height

Track your height. As we grow older, we can lose height. Losing height can be a sign of osteoporosis. Do you know the [risk factors for osteoporosis?](#)

Talk to your healthcare provider if you have concerns.

Unit

Date Range



Date	Value	Source	Personal Notes
27-May-2025 03:23 PM	4' 0.8"	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
08-May-2025 03:14 PM	5' 2.9"	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes

1 - 2 of 2 | Page 1 of 1

For weight, you can specify a certain date range to view and you can choose to have your graph and entry list show in one of 3 different units:

Unit

- kg
- lbs
- lbs and oz

For height, you can specify a certain date range to view and you can choose to have your graph show in one of 4 different units:

Unit

- m
- cm
- ft and in
- in

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**.

Date	Value	Source	Personal Notes
27-May-2025 03:23 PM	100 lbs	STEPHANIE ZZTEST via MyHealthPEI	 Add/View Personal Notes >
08-May-2025 03:14 PM	134 lbs	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >

Date	Value	Source	Personal Notes
27-May-2025 03:23 PM	4' 0.8"	STEPHANIE ZZTEST via MyHealthPEI	 Add/View Personal Notes >
08-May-2025 03:14 PM	5' 2.9"	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >

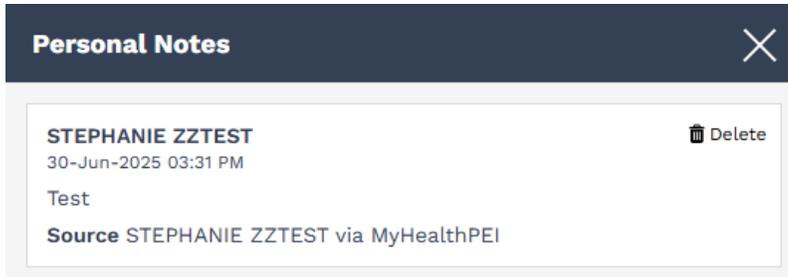
Personal Notes

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](#)

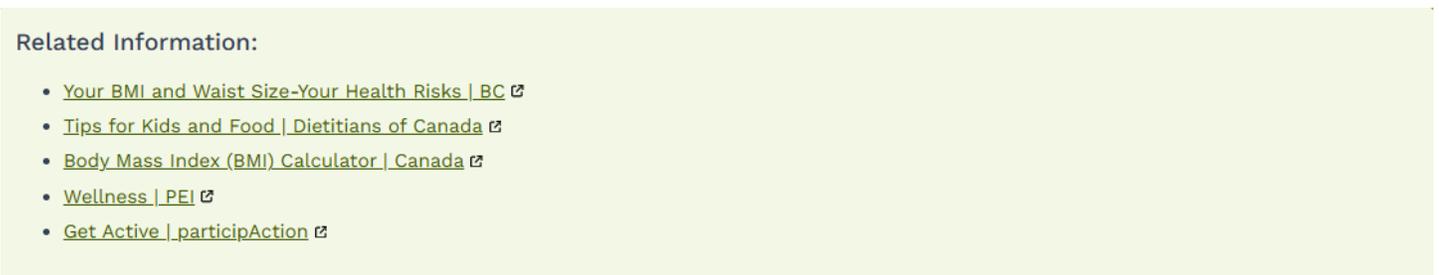
To delete a note, click the **Add/View Personal Notes** button associated with the record. Click the **garbage icon (Delete)**. When prompted, click **Delete** again to confirm.



Are you sure you want to delete this item?

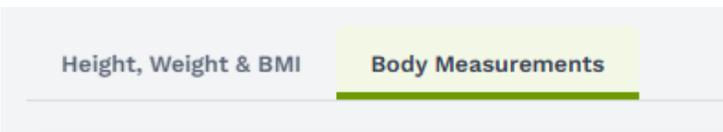


Helpful links are included in the Related Information box at the bottom of the **Height, Weight & BMI** tab.

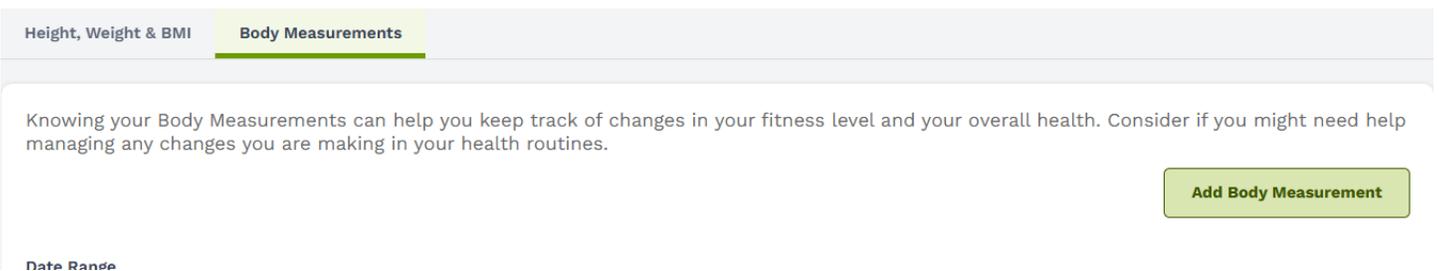


4.1.2 Body Measurements

In the Body Measurements tool, you will also find a tab called **Body Measurements**.



Here you will be able to add many different types of measurements. To do this, click on the **Add Body Measurement** button on the upper right-hand side of the **Body Measurements** tab.



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 information.

Add Body Measurement ✕

Enter your body measurements then click Save * Indicates a required field

***Date**
05-12-2024 ✕ 
[Don't know exact date?](#)

***Measurement Name**
Select ▼ Select ▼

***Value**
 cm ▼

There are two dropdown menus under **Measurement Name**. The first dropdown will ask you to choose whether you are entering an Adult or Pediatric measurement, and the second will provide you with a list of various measurements to choose from (for example, waist size).

***Measurement Name**

Select ▼

- Select
- Adult
- Pediatric

***Measurement Name**

Adult ▼

Measurement Name is required

***Value**

▼

Select ▼

- Select
- Bust size
- Chest size
- Head circumference
- Hip size
- Left bicep size
- Left calf size
- Left forearm size
- Left thigh size
- Left wrist size
- Neck size
- Right bicep size
- Right calf size
- Right forearm size
- Right thigh size
- Right wrist size
- Waist size

Once you select the measurement you would like to enter, type in the value, and select the unit of measurement you would like to use.

***Value**

25

cm ▼

- cm
- in

Click **Save** on the bottom right-hand corner of the screen.

Add Body Measurement ✕

Enter your body measurements then click Save

* Indicates a required field

***Date**

02-12-2024
✕ 📅

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

***Measurement Name**

Adult ▾

Head circumference ▾

***Value**

55

cm ▾

Cancel

Save

Once you click **Save**, you will see your data populated in the **Body Measurements** tab.

Unit

cm
▾

Date Range

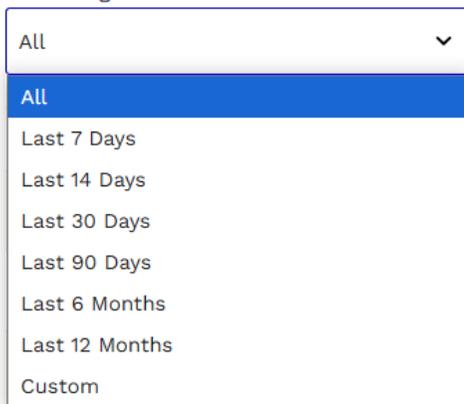
All
▾

Date ▾	Measurement Name ▾	Value ▾	Source ▾	Personal Notes
27-May-2025	Neck size	81 cm	STEPHANIE ZZTEST via MyHealthPEI	<div style="border: 1px solid #ccc; padding: 2px 5px; display: inline-block;">Add/View Personal Notes</div> >

1 - 1 of 1 | Page 1 of 1

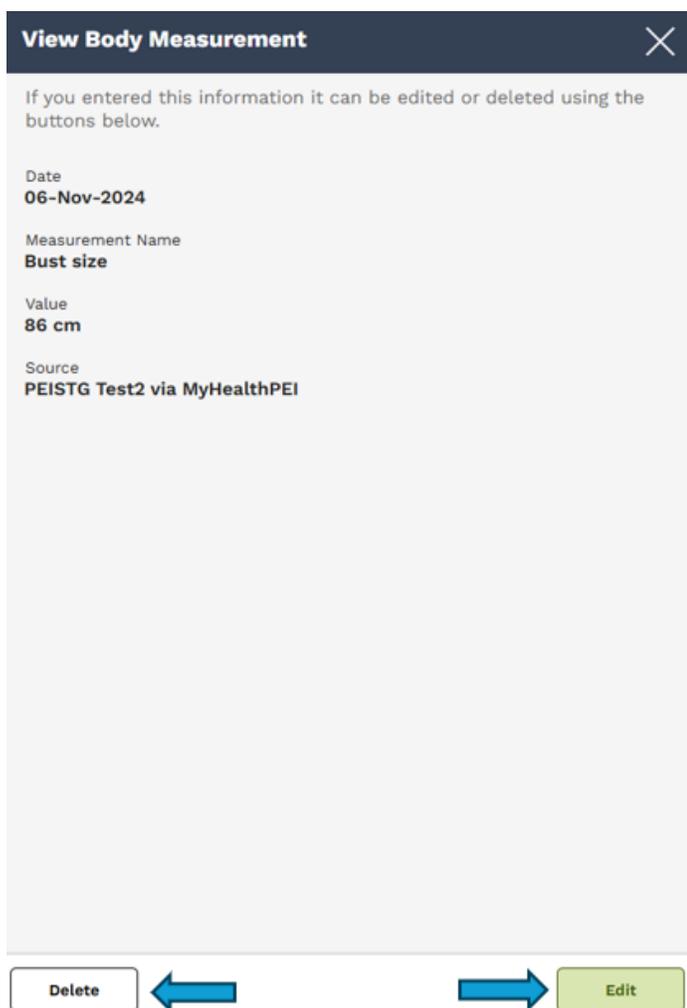
Like with most of the tools, you can choose to limit the results that show to you by clicking on the **Date Range** dropdown and choosing one of time timeframes listed.

Date Range



A dropdown menu titled "Date Range" with a white background and a blue border. The menu is open, showing a list of options. The top option is "All" with a small downward arrow to its right. Below it are "Last 7 Days", "Last 14 Days", "Last 30 Days", "Last 90 Days", "Last 6 Months", "Last 12 Months", and "Custom". The "All" option is highlighted with a blue background.

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 Body Measurement** pop-up window.



A pop-up window titled "View Body Measurement" with a dark blue header and a close button (X) in the top right corner. The main content area is light gray and contains the following text:

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

Date
06-Nov-2024

Measurement Name
Bust size

Value
86 cm

Source
PEISTG Test2 via MyHealthPEI

At the bottom of the window, there are two buttons: a white "Delete" button on the left and a green "Edit" button on the right. A blue arrow points from the "Delete" button to the left, and another blue arrow points from the "Edit" button to the right.

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**.

Date	Measurement Name	Value	Source	Personal Notes
27-May-2025	Neck size	81 cm	STEPHANIE ZZTEST via MyHealthPEI	 <input type="button" value="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?

At the bottom of the **Body Measurements** tab, you will find a Related Information box that contains links to helpful resources.

Related Information:

- [Get Active |_participAction](#) 🔗
- [Physical Well Being |_goPEI](#) 🔗
- [Your Wellness |_PEI](#) 🔗
- [Live Well |_PEI](#) 🔗

4.2 Vital Signs & Readings

The **Vital Signs & Readings** tool allows you to self-enter and track several key components of your health information, including:

- Blood Glucose
- Blood Oxygen (O2) Saturation
- Blood Pressure
- Cholesterol
- Heart Rate
- Hemoglobin A1C
- Temperature

Blood Glucose	Blood Oxygen (O2) Saturation	Blood Pressure	Cholesterol	Heart Rate	Hemoglobin A1C	Temperature
---------------	------------------------------	----------------	-------------	------------	-----------------------	-------------

4.2.1 Blood Glucose

At the top of the **Blood Glucose** tab, you will see a button that allows you to **Add Blood Glucose**.

Blood Glucose

Tracking your blood glucose (blood sugar) is an important tool to help maintain your health if you have pre-diabetes or diabetes. Try to keep your blood glucose level in your target range using diet, exercise or medication.

A Diabetes Educator through the [PEI Diabetes program](#) can help answer your questions or offer more support, please call them!

View your blood glucose patterns by selecting a date range. Hover over each blood glucose point to see more information or click on the chart below to change details.

Add Blood Glucose

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 blood glucose information including date and time and when the reading was taken (for example, after breakfast). Once you have entered your data, click **Save**.

Add Blood Glucose

Enter the details of your blood glucose (blood sugar) reading then click Save

* Indicates a required field

***Date and Time**

06-12-2024 9 : 02 AM PM

***Value**

6.2 mmol/L

When Taken

After breakfast



As you enter your information, you will see a graph fill out, and a list of each entry will populate below it.

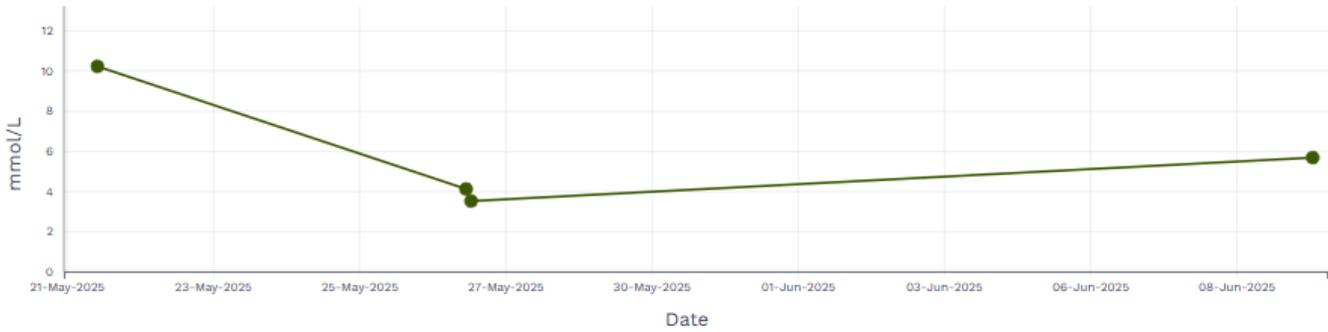
Unit

mmol/L

Date Range

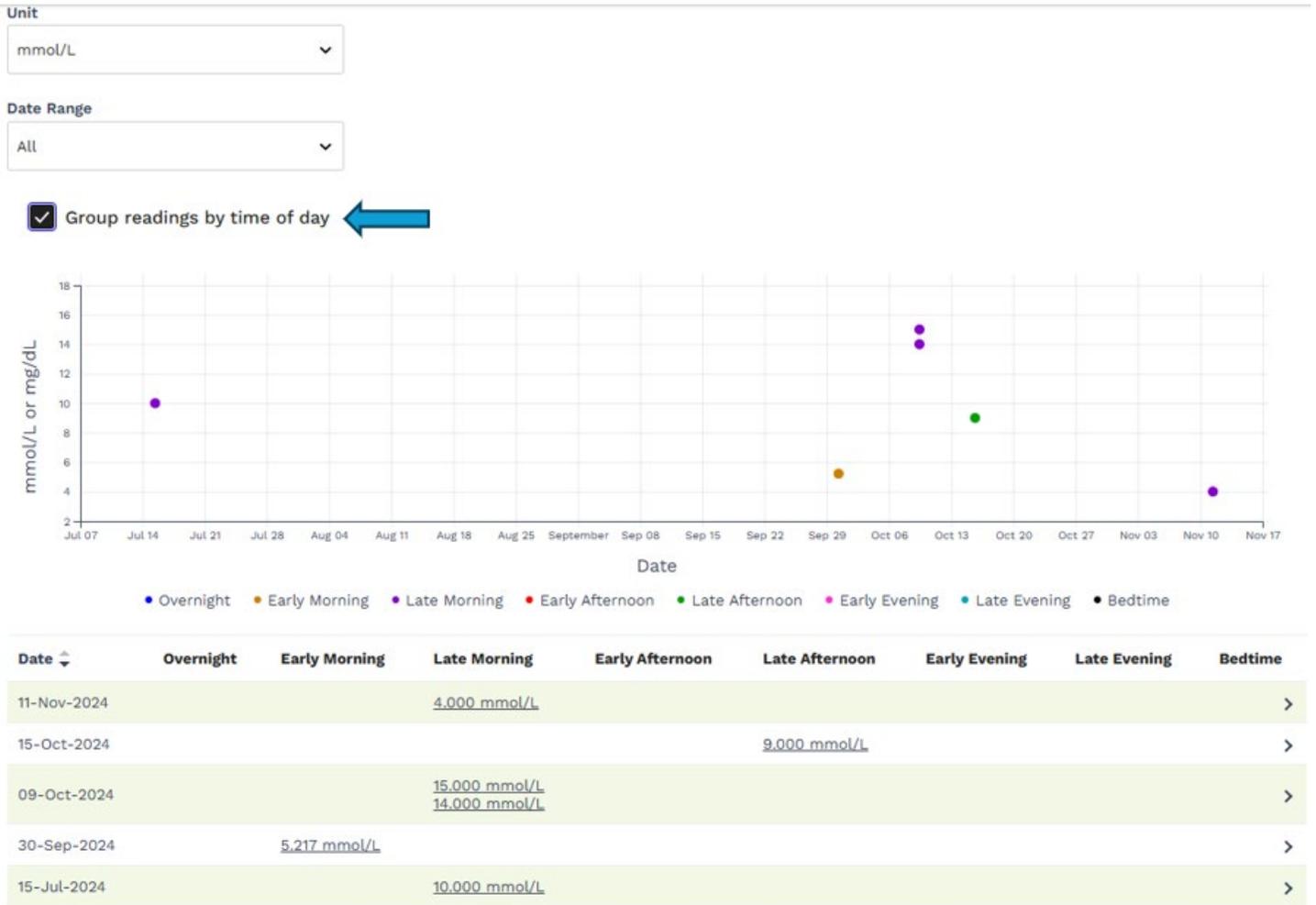
All

Group readings by time of day



Date	Blood Glucose	When Taken	Source	Personal Notes
09-Jun-2025 06:29 PM	5.661 mmol/L	After meal	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
27-May-2025 10:43 AM	3.5 mmol/L	Before breakfast	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
27-May-2025 08:48 AM	4.1 mmol/L	Before breakfast	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
21-May-2025 12:43 PM	10.2 mmol/L	After lunch	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes

With your blood glucose readings, you can adjust how you view your information within the graph. Just above the graph, you will see a checkbox called **Group readings by time of day**. If you click on this box, it will adjust the view of your graph, grouping your results by time of day (for example, before dinner, after dinner).



You can also choose to view your results in one of two different units:

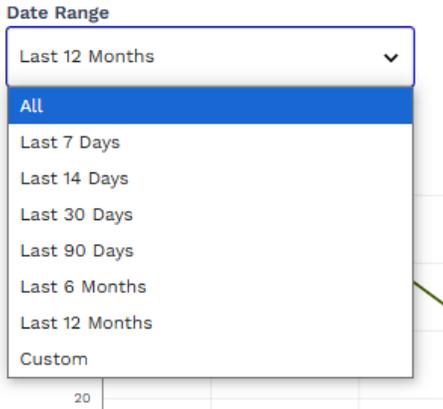
Unit

mmol/L

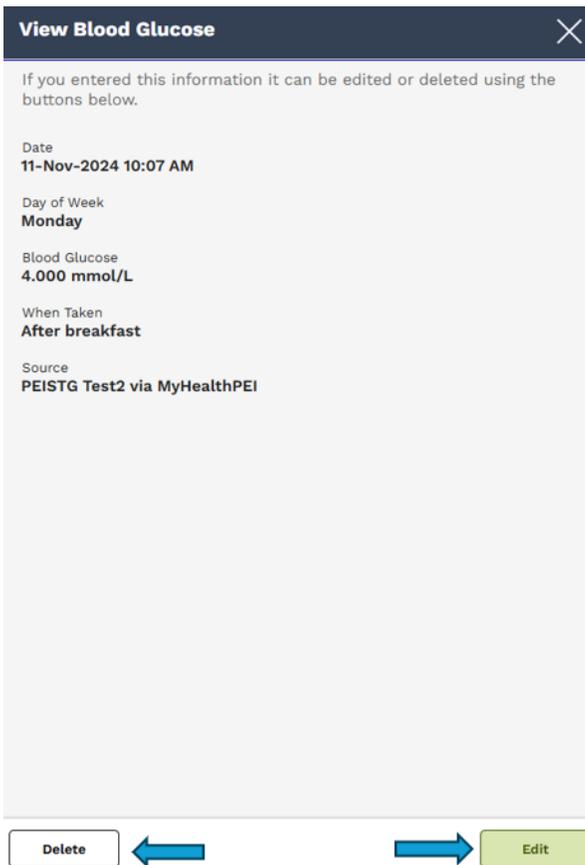
mmol/L

mg/dL

If you wish to pull only a certain timeframe to show in your graph and accompanying list, select the **Date Range** dropdown and choose your desired dates:



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 Blood Glucose** 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 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**.

Date	Blood Glucose	When Taken	Source	Personal Notes
09-Jun-2025 06:29 PM	5.661 mmol/L	After meal	STEPHANIE ZZTEST via MyHealthPEI	 Add/View Personal Notes >
27-May-2025 10:43 AM	3.5 mmol/L	Before breakfast	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >
27-May-2025 08:48 AM	4.1 mmol/L	Before breakfast	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >
21-May-2025 12:43 PM	10.2 mmol/L	After lunch	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >

1 - 4 of 4 | 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?

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

Related Information:

- [Diabetes Program | PEI](#) 🔗
- [Diabetes Care | PEI](#) 🔗
- [My risk for developing diabetes | Diabetes Canada](#) 🔗
- [What is Diabetes? | Diabetes Canada](#) 🔗
- [Laboratory Services-Skip the Waiting Room | PEI](#) 🔗

4.2.2 Blood Oxygen (O2) Saturation

At the top of the **Blood Oxygen (O2) Saturation** tab, you will see a button that allows you to **Add Blood Oxygen (O2) Saturation**.

Blood Oxygen (O2) Saturation

Keep track of your [Blood Oxygen \(O2\) saturation](#) over time.

Click on each entry to see details.

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 blood oxygen information. Once complete, click on the **Save** button on the bottom right-hand corner of the screen.

Add Blood Oxygen (O2) Saturation



Enter your blood oxygen (O2) saturation measurement then click Save.

* Indicates a required field

*Date

06-12-2024



9

:

36



AM PM

*Value

96

%

Cancel



Save

As you enter your information, you will see a graph fill out, and a list of each entry will populate below it.

Blood Oxygen (O2) Saturation

Keep track of your [Blood Oxygen \(O2\) saturation](#) over time.

Click on each entry to see details.

Add Blood Oxygen (O2) Saturation

Date Range

All



Date	Value	Source	Personal Notes
20-May-2025 11:11 AM	81 %	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
13-May-2025 10:25 AM	97 %	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
01-May-2025 10:18 AM	99 %	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes

1 - 3 of 3 | Page 1 of 1

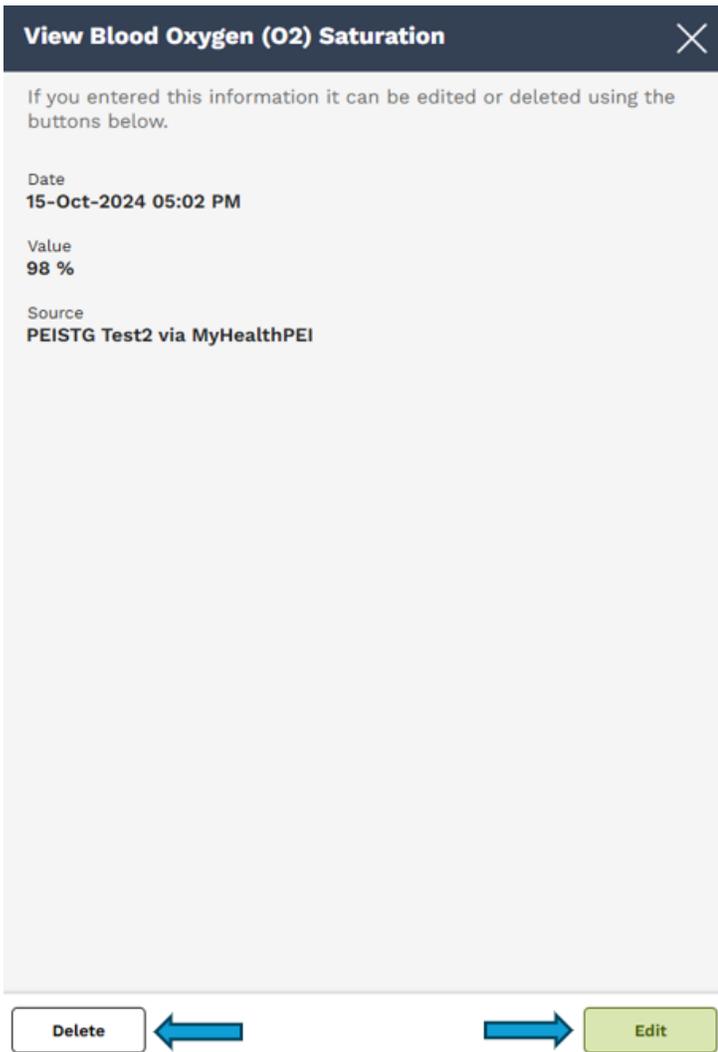
If you wish to pull only a certain timeframe to show in your graph and accompanying list, select the **Date Range** dropdown and choose your desired dates:

Date Range

Last 12 Months

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

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 Blood Oxygen (O2) Saturation** 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**.

Date ▾	Value ▾	Source ▾	Personal Notes
20-May-2025 11:11 AM	81 %	STEPHANIE ZZTEST via MyHealthPEI	 Add/View Personal Notes >
13-May-2025 10:25 AM	97 %	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >
01-May-2025 10:18 AM	99 %	STEPHANIE ZZTEST via MyHealthPEI	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 **Blood Oxygen (O2) Saturation** tab.

Related Information:

- [What is low Blood Oxygen saturation? | Mayo Clinic US](#) 🔗
- [If you have Lungs | Canadian Lung Association](#) 🔗
- [Learn about Your Lungs | Lung Sask](#) 🔗
- [Kids and Lung Health | Lung Sask](#) 🔗
- [Measuring your Oxygen Saturation | HealthLinkBC](#) 🔗
- [Your Lung Health | Lung Health Foundation](#) 🔗

4.2.3 Blood Pressure

At the top of the Blood Pressure tab, you will see a button that allows you to **Add Blood Pressure**.

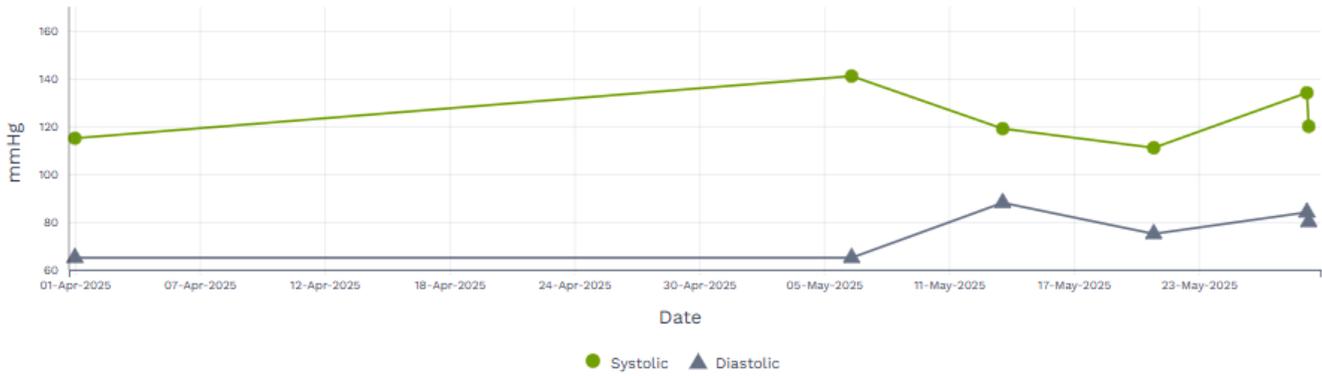
Blood Pressure

Keeping track of your blood pressure (BP) can help you know when to see your health care provider for support managing your health. Diet, exercise and medication can help [maintain a healthy blood pressure](#). High (or low) blood pressure can be a sign of more serious health concerns.

View your blood pressure (BP) patterns by selecting a date range. Hover over each blood pressure point to see more information or click on the chart below to change details.

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 blood pressure information. Once complete, click on the **Save** button on the bottom right-hand corner of the screen.

As you enter your information, you will see a graph fill out, and a list of each entry will populate below it.



Date	Systolic	Diastolic	Heart Rate	Source	Personal Notes
28-May-2025 10:58 AM	120 mmHg	80 mmHg	69 bpm	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
28-May-2025 08:57 AM	134 mmHg	84 mmHg	79 bpm	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
21-May-2025 06:34 AM	111 mmHg	75 mmHg		STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
14-May-2025 06:34 AM	119 mmHg	88 mmHg	72 bpm	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
07-May-2025 06:33 AM	141 mmHg	65 mmHg	66 bpm	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes
01-Apr-2025 06:34 AM	115 mmHg	65 mmHg	68 bpm	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes

1 - 6 of 6 | Page 1 of 1

The blood pressure graph allows you to view both systolic and diastolic readings at the same time. You also have the option to look at one or the other. To do this, you can turn off the measurement you do not want to view by clicking on the box just below the graph.





If you wish to pull only a certain timeframe to show in your graph and accompanying list, select the **Date Range** dropdown and choose your desired dates:

Date Range

Last 12 Months ▾

All

Last 7 Days

Last 14 Days

Last 30 Days

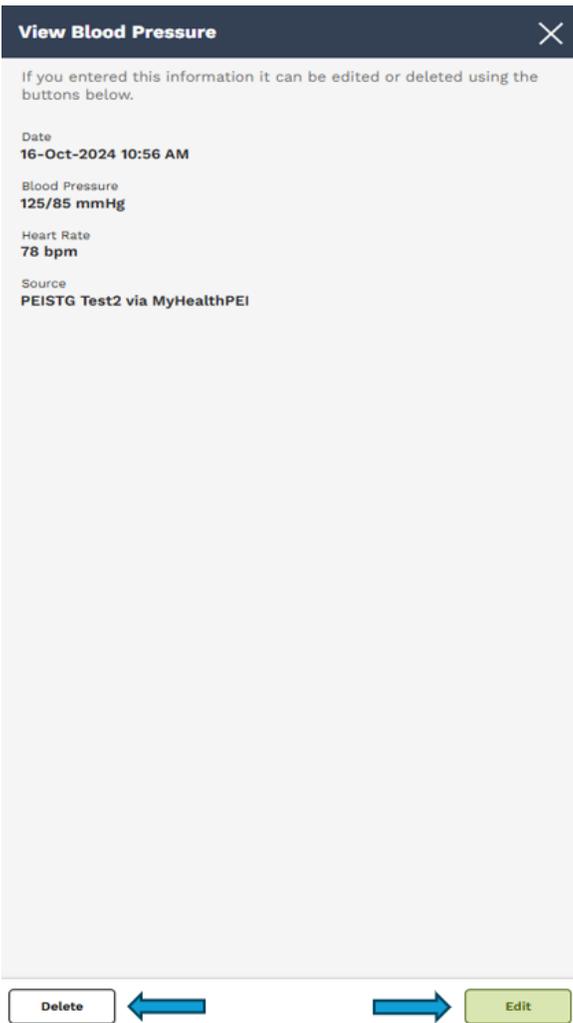
Last 90 Days

Last 6 Months

Last 12 Months

Custom

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 Blood Pressure** 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**.

Date ▾	Systolic ▾	Diastolic ▾	Heart Rate ▾	Source ▾	Personal Notes
28-May-2025 10:58 AM	120 mmHg	80 mmHg	69 bpm	STEPHANIE ZZTEST via MyHealthPEI	 Add/View Personal Notes >
28-May-2025 08:57 AM	134 mmHg	84 mmHg	79 bpm	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >
21-May-2025 06:34 AM	111 mmHg	75 mmHg		STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >
14-May-2025 06:34 AM	119 mmHg	88 mmHg	72 bpm	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >
07-May-2025 06:33 AM	141 mmHg	65 mmHg	66 bpm	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >
01-Apr-2025 06:34 AM	115 mmHg	65 mmHg	68 bpm	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >

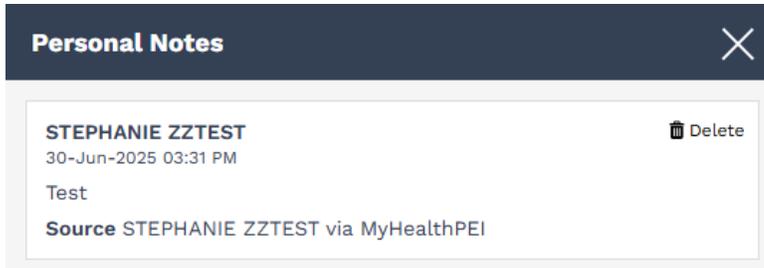
Personal Notes ✕

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 **Blood Pressure** tab.



Related Information:

- [What is High Blood Pressure? | Heart and Stroke Foundation](#) 🔗
- [Blood Pressure and Me | Hypertension Canada](#) 🔗
- [Measure Blood Pressure \(BP\) at Home | PEI](#) 🔗
- [Managing Your Blood Pressure | PEI](#) 🔗
- [Healthy Eating for my BP | PEI](#) 🔗

4.2.4 Cholesterol

In the **Cholesterol** tab, you will be able to view any lab work you have had done measuring the cholesterol levels in your body. This tab will bring these results together into one place for quick, easy reference. You will be able to see this information in your Lab Results widget as well.

Cholesterol

High levels of cholesterol can increase your risk of heart disease and stroke. Making healthy lifestyle choices can help keep your cholesterol levels in a normal range. If you need help understanding your cholesterol levels, contact your healthcare provider.

Date Range

All

Search by Test Name

Date 30-Jun-2025 01:52 PM	Ordered By MD CPOE Physician Test MD	Source PEI Health Record	Export Report	Add Personal Notes
Cholesterol Status: Complete				
Test Name Cholesterol	Status Complete	Result 8.0 mmol/L	Reference Range <=5.2 mmol/L	Abnormality H >

Date 14-Apr-2025 10:54 AM	Ordered By MD CPOE Physician Test MD	Source PEI Health Record	Export Report	View Personal Notes
Cholesterol Status: Complete				
Test Name CHOLESTEROL:SCN...	Status Complete	Result 5.0 mmol/L	Reference Range <=5.2 mmol/L	Abnormality - >

Date 10-Mar-2025 03:27 PM	Ordered By MD CPOE Physician Test MD	Source PEI Health Record	Export Report	Add Personal Notes
Cholesterol Status: Complete				
Test Name Cholesterol	Status Complete	Result 6.2 mmol/L	Reference Range <=5.2 mmol/L	Abnormality H >

If you wish to pull only a certain timeframe to show, select the **Date Range** dropdown and choose your desired dates:

Date Range

Last 12 Months

All

Last 7 Days

Last 14 Days

Last 30 Days

Last 90 Days

Last 6 Months

Last 12 Months

Custom

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**.

Date	Ordered By	Source	Export Report Add Personal Notes	
30-Jun-2025 01:52 PM	MD CPOE Physician Test MD	PEI Health Record		
Cholesterol				
Test Name	Status	Result	Reference Range	Abnormality
Cholesterol	Complete	8.0 mmol/L	<=5.2 mmol/L	H
				Status: Complete

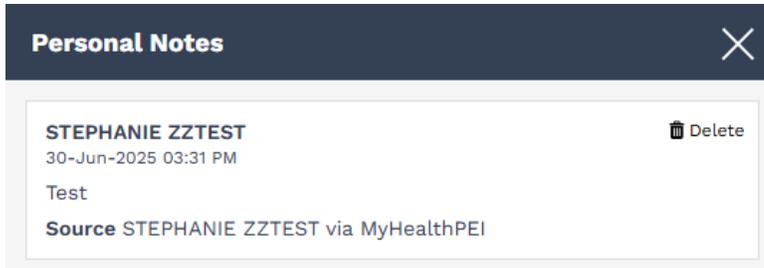
Date	Ordered By	Source	Export Report View Personal Notes	
14-Apr-2025 10:54 AM	MD CPOE Physician Test MD	PEI Health Record		
Cholesterol				
Test Name	Status	Result	Reference Range	Abnormality
CHOLESTEROL:SCN...	Complete	5.0 mmol/L	<=5.2 mmol/L	-
				Status: Complete

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.

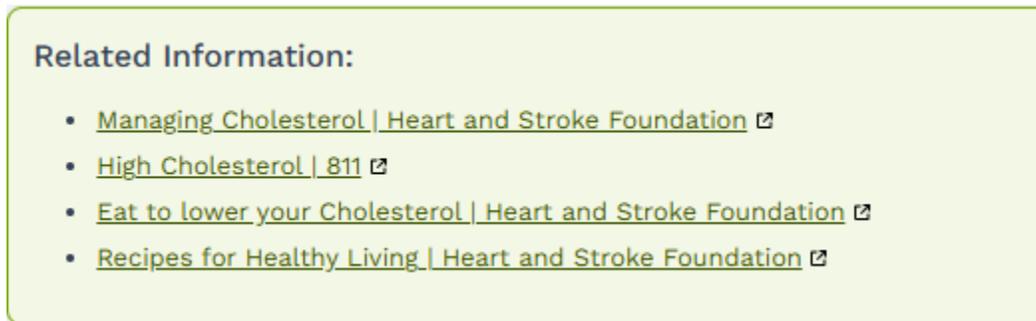


Are you sure you want to delete this item?



If you have not had a test to measure your cholesterol levels, you will see a message on the screen that says “**No information available**”.

At the bottom of the **Cholesterol** tab, you will find a Related Information box that contains links to helpful resources.



4.2.5 Heart Rate

At the top of the **Heart Rate** tab, you will see a button that allows you to **Add Heart Rate**.

Heart Rate

Keep track of your heart rate (HR) over time. Your heart rate (HR) can indicate issues with your heart and health, or help track your targeted exercise or activity over time.

Add Heart Rate

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 blood pressure information. Once complete, click on the **Save** button on the bottom right-hand corner of the screen.

✕
Add Heart Rate

* Indicates a required field

***Date**

✕ 📅

:

⦿
 AM
 PM

***Value**

beats per minute

Cancel

Save

One you click **Save**, you will see your data populate in the **Heart Rate** tab.

Heart Rate

Keep track of your heart rate (HR) over time. Your heart rate (HR) can indicate issues with your heart and health, or help track your targeted exercise or activity over time.

Add Heart Rate

Date Range

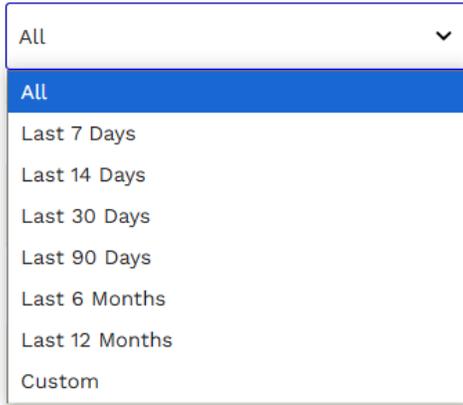
Last 7 Days
▾

Date ▾	Value ▾	Source ▾	Personal Notes
07-Jul-2025 11:57 AM	85 beats per minute	STEPHANIE ZZTEST via MyHealthPEI	<div style="border: 1px solid #ccc; padding: 2px 5px; display: inline-block;">Add/View Personal Notes</div> >

1 - 1 of 1 | Page 1 of 1

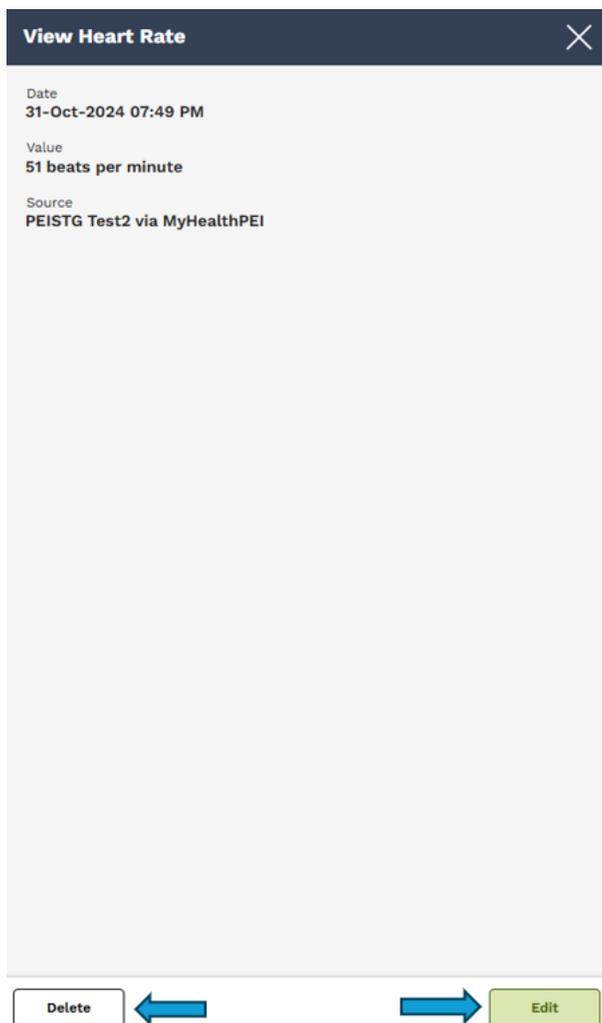
As with most of the tools, you can choose to limit the results that show to you by clicking on the **Date Range** dropdown and choosing one of time timeframes listed.

Date Range



A dropdown menu titled "Date Range" with a white background and a blue border. The menu is open, showing a list of options. The top option is "All" with a small downward arrow to its right. Below it are "Last 7 Days", "Last 14 Days", "Last 30 Days", "Last 90 Days", "Last 6 Months", "Last 12 Months", and "Custom". The "All" option is highlighted with a blue background.

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 Heart Rate** pop-up window.



A dark blue header bar with the text "View Heart Rate" and a white close button (X) on the right. Below the header is a light gray area containing the following text: "Date", "31-Oct-2024 07:49 PM", "Value", "51 beats per minute", "Source", "PEISTG Test2 via MyHealthPEI". At the bottom of the window, there are two buttons: a white "Delete" button on the left and a green "Edit" button on the right. A blue arrow points from the "Delete" button to the left, and another blue arrow points from the "Edit" button to the right.

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**.

Date	Value	Source	Personal Notes
07-Jul-2025 11:57 AM	85 beats per minute	STEPHANIE ZZTEST via MyHealthPEI	 <input type="button" value="Add/View Personal Notes"/> >

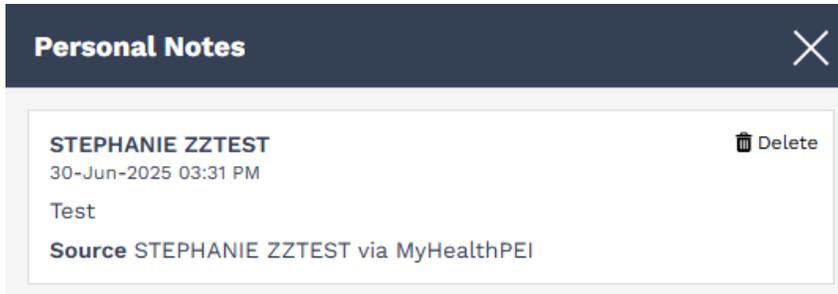
Personal Notes ✕

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 ✕

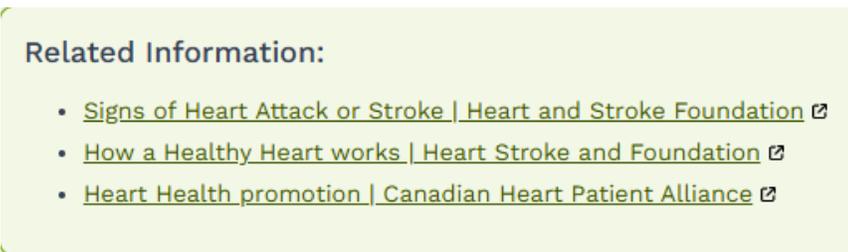
STEPHANIE ZZTEST 🗑 Delete
30-Jun-2025 03:31 PM

Test

Source STEPHANIE ZZTEST via MyHealthPEI

Are you sure you want to delete this item?

At the bottom of the **Heart Rate** tab, you will find a Related Information box that contains links to helpful resources.



Related Information:

- [Signs of Heart Attack or Stroke | Heart and Stroke Foundation](#) ↗
- [How a Healthy Heart works | Heart Stroke and Foundation](#) ↗
- [Heart Health promotion | Canadian Heart Patient Alliance](#) ↗

4.2.6 Hemoglobin A1C

In the **Hemoglobin A1C** tab, you will be able to view any lab work you have had done measuring your A1C, the average blood sugar levels in your body. This tab will bring these results together into one place for quick, easy reference. You will be able to see this information in your Lab Results widget as well.

Hemoglobin A1C

Hemoglobin A1C is a blood test that measures your average blood sugar level over the past 2-3 months. It can be used to diagnose diabetes or help diabetics create a plan to manage their disease.

Date Range

All

Q Search by Test Name

Date	Ordered By	Source	Export Report	Add/View Personal Notes
09-Apr-2025 03:22 PM	MD CPOE Physician Test MD	PEI Health Record	Export Report	Add/View Personal Notes
A1C				Status: Complete
Test Name	Result	Status	Reference Range	Abnormality
A1C	6.0 %	Complete	3.5-6.0 %	-

Date	Ordered By	Source	Export Report	Add/View Personal Notes
11-Mar-2025 03:12 PM	MD CPOE Physician Test MD	PEI Health Record	Export Report	Add/View Personal Notes
A1C				Status: Complete
Test Name	Result	Status	Reference Range	Abnormality
A1C	> 30.0 %	Complete	3.5-6.0 %	H

Date	Ordered By	Source	Export Report	Add/View Personal Notes
04-Mar-2025 04:00 PM	-	PEI Health Record	Export Report	Add/View Personal Notes
A1C				Status: Complete
Test Name	Result	Status	Reference Range	Abnormality
A1C	4.0 %	Complete	3.5-6.0 %	-

If you wish to pull only a certain timeframe to show, select the **Date Range** dropdown and choose your desired dates:

Date Range

Last 12 Months

All

Last 7 Days

Last 14 Days

Last 30 Days

Last 90 Days

Last 6 Months

Last 12 Months

Custom

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**.

Date: 11-Mar-2025 03:12 PM Ordered By: MD CPOE Physician Test MD Source: PEI Health Record [Export Report](#) [Add/View Personal Notes](#)

A1C Status: Complete

Test Name	Result	Status	Reference Range	Abnormality
A1C	> 30.0 %	Complete	3.5-6.0 %	H >



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 not had a test to measure your hemoglobin A1C, you will see a message on the screen that says “**No information available**”.

At the bottom of the **Hemoglobin A1C** tab, you will find a Related Information box that contains links to helpful resources.

Related Information:

- [What is A1c? | BC](#) 🔗
- [Diabetes Resources | Diabetes Canada](#) 🔗
- [Diabetes Education and Support | Diabetes Canada](#) 🔗

4.2.7 Temperature

At the top of the Temperature tab, you will see a button that allows you to **Add Temperature**.

Temperature

Your body temperature can indicate if you are unwell. A [child's temperature](#) often shows if they might be sick or not!

Add Temperature to add information or click on each entry to see details.

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 temperature information. Once complete, click on the **Save** button on the bottom right-hand corner of the screen.

Add Temperature ✕

* Indicates a required field

***Date**
06-12-2024 ✕ 📅 10 : 56 AM PM

***Title**
Temperature

***Value**
36.7 Celsius ▼

Cancel ➡ Save

One you click **Save**, you will see your data populate in the Temperature tab.

Temperature

Your body temperature can indicate if you are unwell. A [child's temperature](#) often shows if they might be sick or not!

Add Temperature to add information or click on each entry to see details.

Add Temperature

Date Range

All ▾

Date ▾	Value ▾	Source ▾	Personal Notes
29-May-2025 09:16 AM	38.5°C	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >
12-May-2025 09:18 AM	37°C	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >
01-May-2025 09:18 AM	36.5°C	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >

1 - 3 of 3 | Page 1 of 1

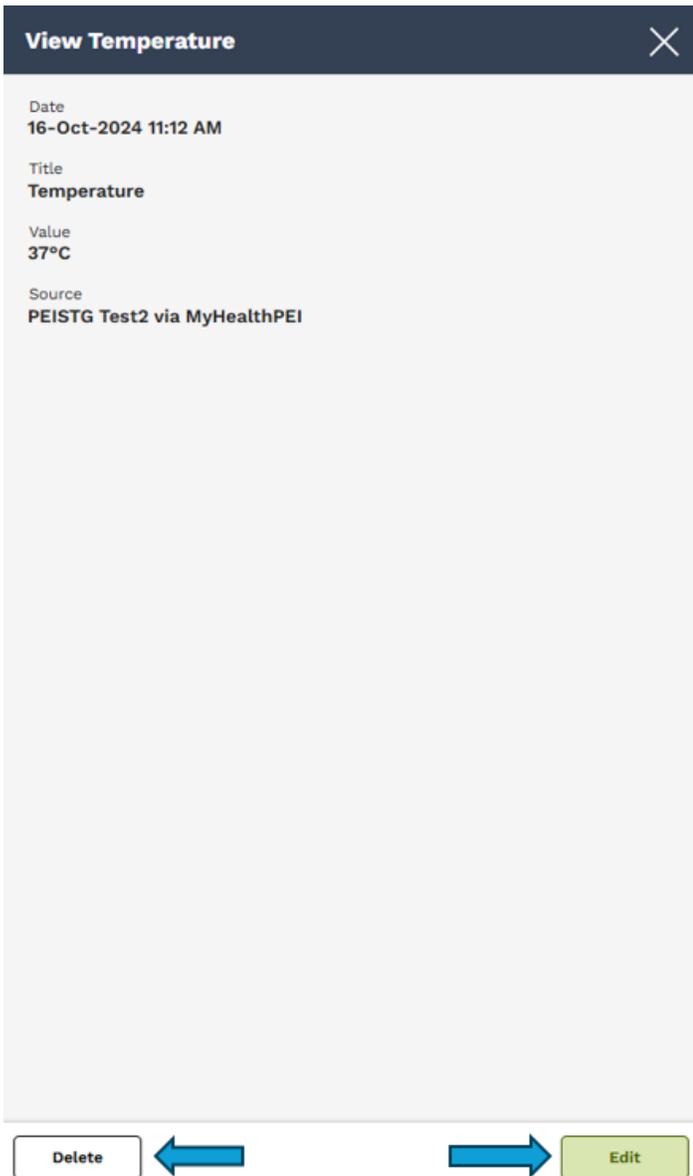
As with most of the tools, you can choose to limit the results that show to you by clicking on the **Date Range** dropdown and choosing one of the timeframes listed.

Date Range

All ▾

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

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 Temperature** 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**.

Date ▾	Value ▾	Source ▾	Personal Notes
29-May-2025 09:16 AM	38.5°C	STEPHANIE ZZTEST via MyHealthPEI	 Add/View Personal Notes >
12-May-2025 09:18 AM	37°C	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >
01-May-2025 09:18 AM	36.5°C	STEPHANIE ZZTEST via MyHealthPEI	Add/View Personal Notes >

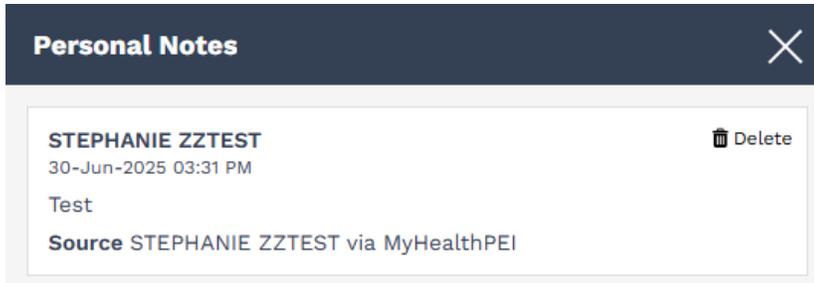
Personal Notes ✕

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.



Are you sure you want to delete this item?



At the bottom of the **Temperature** tab, you will find a Related Information box that contains links to helpful resources.



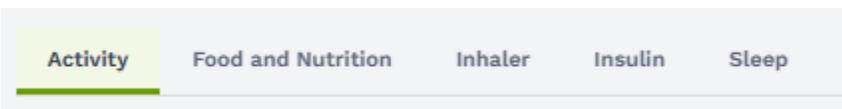
Related Information:

- [Fever and Your Child | Caring for Kids](#) 
- [Body Temperature | Alberta Health](#) 
- [811 TeleHealth | PEI](#) 
- [Emergency Department Wait Times | PEI](#) 

4.3 Personal Logs

The Personal Logs tool allows you to self-enter and track several key components of your health information, including:

- Activity (including your steps)
- Food and Nutrition
- Inhaler
- Insulin
- Sleep



4.3.1 Activity

At the top of the **Activity** tab, you will see a button that allows you to **Add Activity**.

Activity

Keep a personal log of your activity to help maintain good health! Then look to see your patterns of activity over time.

[Exercise](#) can help your mood, improve sleep and lower your risks of serious health concerns now or later.

Add Activity

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 activity information. Once complete, click on the **Save** button on the bottom right-hand corner of the screen.

Add Activity

Enter details about your exercise then click Save. * Indicates a required field

***Date**
06-12-2024 11 : 11 AM PM

***Activity**
Cardio

Duration
15 minutes

Calories Burned
100 kcal

Distance
0.5 km

Steps



As you enter your information, you will see a graph begin to fill out and a list of each entry populating below the graph.

Date Range

Last 12 Months



Date	Activity	Duration	Steps	Calories Burned	Distance	Source	Personal Notes
07-Jul-2025 03:57 PM	Walking	00:20:00	1500	1300 kcal	2 km	JOHN ZZTEST via MyHealthPEI	Add/View Personal Notes
09-Jun-2025 03:58 PM	Yoga	01:00:00		2000 kcal		JOHN ZZTEST via MyHealthPEI	Add/View Personal Notes
07-Apr-2025 03:58 PM	Yoga	00:45:00		2000 kcal		JOHN ZZTEST via MyHealthPEI	Add/View Personal Notes
03-Mar-2025 10:25 AM	Running	00:25:00	2000	350 kcal	1.5 km	JOHN ZZTEST via MyHealthPEI	Add/View Personal Notes
02-Mar-2025 10:26 AM	Jogging	00:30:00	1500	280 kcal	1 km	JOHN ZZTEST via MyHealthPEI	Add/View Personal Notes

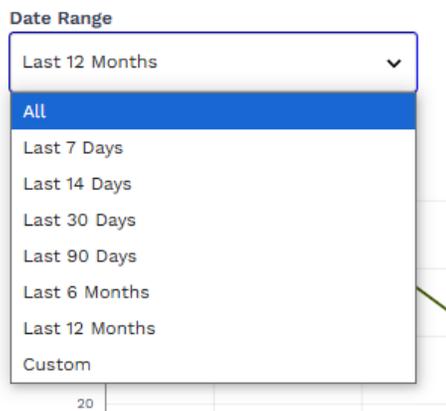
1 - 5 of 5 | Page 1 of 1

The activity graph allows you to view duration, steps, and calories burned readings at the same time. You also have the option to look at one measurement in isolation, or two of the three. To do this, you can turn off the measurement(s) you do not want to view by clicking on the box just below the graph.





If you wish to pull only a certain timeframe to show in your graph and accompanying list, select the **Date Range** dropdown and choose your desired dates:



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 Activity** pop-up window.

View Activity ✕

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

Date
06-Nov-2024 06:00 AM

Activity
Yoga

Duration
00:30:00

Calories Burned
120 kcal

Source
PEISTG Test2 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**.

Date	Activity	Duration	Steps	Calories Burned	Distance	Source	Personal Notes
07-Jul-2025 03:57 PM	Walking	00:20:00	1500	1300 kcal	2 km	JOHN ZZTEST via MyHealthPEI	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?



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

Related Information:

- [Physical Well Being on PEI](#) 
- [Physical Activity for Kids | Caring for Kids](#) 
- [Live Well | PEI](#) 
- [Get Active | participAction](#) 
- [Your Diabetes Risk questionnaire | Health Canada](#) 

4.3.2 Food and Nutrition

The **Food and Nutrition** tool will allow you to log and keep track of your food and drink to help you reach your nutrition goals and make informed decisions about your eating habits.

At the top of the **Food and Nutrition** tab, you will see a button that allows you to **Add Food or Drink**.

Food and Nutrition

Keeping track of your food & drink can help you reach your nutrition goals and make informed decisions about your eating habits while managing health conditions.



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

Add Food or Drink ✕

Enter what you had to eat and/or drink then click save.

* Indicates a required field

*Date
2025-07-08 ✕ 📅 11 : 39 AM PM

*Food or Drink item
Cereal

Meal Type
Breakfast

Serving Size
1

Number of Servings
1

Calories
250 Kilocalories (kcal)

Total Fat
3 Grams (g)

Protein
Grams (g)

Carbohydrates
45 Grams (g)

Sugars
25 Grams (g)

Sodium
Milligrams (mg)

Cholesterol



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

Food and Nutrition

Keeping track of your food & drink can help you reach your nutrition goals and make informed decisions about your eating habits while managing health conditions.

Add Food or Drink

Date Range

Last 12 Months

Date	Food or Drink item	Meal Type	Serving Size	Calories	Personal Notes
08-Jul-2025 11:39 AM	Cereal	Breakfast	1	250 kcal	Add/View Personal Notes >

1 - 1 of 1 | Page 1 of 1

If you wish to pull only a certain timeframe to show in your list, select the **Date Range** dropdown and choose your desired dates:

Date Range

Last 12 Months

All

Last 7 Days

Last 14 Days

Last 30 Days

Last 90 Days

Last 6 Months

Last 12 Months

Custom

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 Food and Drink** pop-up window.

View Food and Drink



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

Date

08-Jul-2025 11:39 AM

Food or Drink item

Cereal

Meal Type

Breakfast

Serving Size

1

Number of Servings

1

Calories

250 kcal

Total Fat

3 g

Carbohydrates

45 g

Sugars

25 g

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**.

Date ▾	Food or Drink item ▾	Meal Type ▾	Serving Size ▾	Calories ▾	Personal Notes
08-Jul-2025 11:39 AM	Cereal	Breakfast	1	250 kcal	<input type="button" value="Add/View Personal Notes"/> >

1 - 1 of 1 | Page 1 of 1

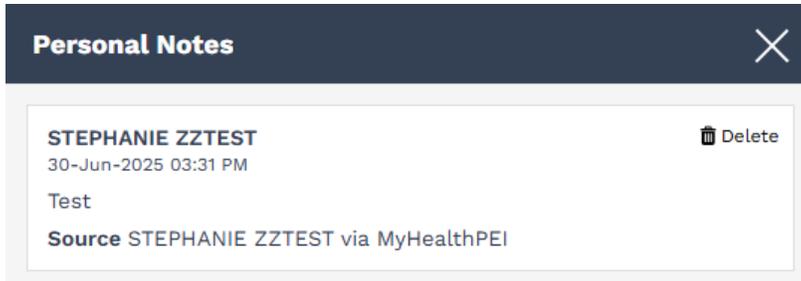
Personal Notes ✕

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.



Are you sure you want to delete this item?

Helpful links are included in the Related Information box at the bottom of the **Food And Nutrition** tab.



4.3.3 Inhaler

The **Inhaler** tool allows you to self-enter and track your inhaler usage. In this tool, you will find two areas for self-entry:

- My Inhaler Use
- My Inhaler Information

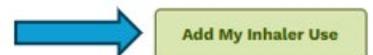
4.3.3.1 My Inhaler Use

At the top of the **Inhaler** tab, you will see a button that allows you to **Add My Inhaler Use**.

My Inhaler Use

Your lung health is very important to your overall health. There are various reasons why you might need to use inhalers. It is sometimes short term or long term use.

Keep track below of how often you use your inhaler and which inhalers you are using. This can help you keep track when you talk with your Healthcare Team or Asthma Educators!



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

Add My Inhaler Use X

* Indicates a required field

*Date
2025-03-20 X [calendar icon] 8 : 27 ● AM ○ PM

*Inhaler Name
Symbicort

*Dose Count
2

Reason Needed?
Control

Cancel Save

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

My Inhaler Use

Your lung health is very important to your overall health. There are various reasons why you might need to use inhalers. It is sometimes short term or long term use.

Keep track below of how often you use your inhaler and which inhalers you are using. This can help you keep track when you talk with your Healthcare Team or Asthma Educators!

[Add My Inhaler Use](#)

Date Range

Last 12 Months

Date	Inhaler Name	Dose Count	Reason Needed?	Personal Notes
26-Feb-2025 10:10 AM	Salbutamol	3	No	Add/View Personal Notes

1 - 1 of 1 | Page 1 of 1

If you wish to pull only a certain timeframe to show in your list, select the **Date Range** dropdown and choose your desired dates:

Date Range

Last 12 Months

All

Last 7 Days

Last 14 Days

Last 30 Days

Last 90 Days

Last 6 Months

Last 12 Months

Custom

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 My Inhaler Use** pop-up window.

View My Inhaler Use ✕

Date
20-Mar-2025 08:27 AM

Inhaler Name
Symbicort

Dose Count
2

Reason Needed?
Control

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**.

Date	Inhaler Name	Dose Count	Reason Needed?	Personal Notes
26-Feb-2025 10:10 AM	Salbutamol	3	No	 Add/View Personal Notes >

1 - 1 of 1 | Page 1 of 1

Personal Notes

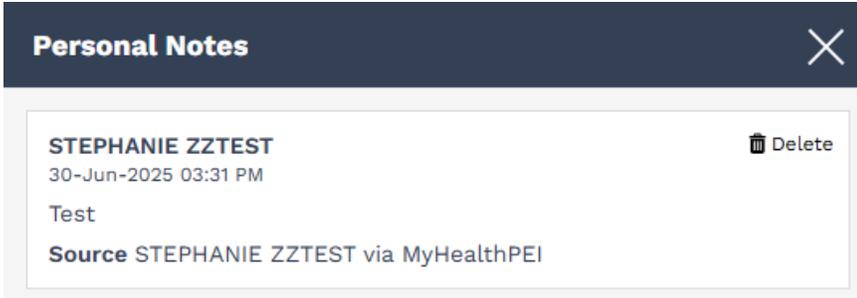
✕

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?



4.3.3.2 My Inhaler Information

As you continue to scroll down on the **Inhaler** tab, you will see one additional section called **My Inhaler Information** where you can keep track of the inhalers that you have used over time. To add information, click on the **Add My Inhaler Information** button on the top right-hand corner of the **My Inhaler Information** section.

My Inhaler Information

Add your Inhaler information to keep track of the inhaler types you've used over time.

This will help when you share your information with your Healthcare provider or Asthma Educators.



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

Add My Inhaler Information
✕

Enter the details about your Inhaler medication then click Save.

* Indicates a required field

***Date 1st Started**

2023-03-04

✕

📅

10

:

00

●

AM

○

PM

Don't know exact date?

***Inhaler Name**

Ventolin

Reason Needed?

Rescue
▼

No longer using this Inhaler

Cancel

➔

Save

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

My Inhaler Information

Add your Inhaler information to keep track of the inhaler types you've used over time.

This will help when you share your information with your Healthcare provider or Asthma Educators.

Add My Inhaler Information

Date 1st Started	Inhaler Name	Reason Needed?	Personal Notes
01-Mar-2025	Salbutamol	None	<div style="border: 1px solid #ccc; padding: 2px 5px; display: inline-block;">Add/View Personal Notes</div> ➤
01-Jan-2025	Accuhaler	Control	<div style="border: 1px solid #ccc; padding: 2px 5px; display: inline-block;">Add/View Personal Notes</div> ➤

1 - 2 of 2 | Page 1 of 1

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**.

Date 1st Started	Inhaler Name	Reason Needed?	Personal Notes
01-Mar-2025	Salbutamol	None	 Add/View Personal Notes >
01-Jan-2025	Accuhaler	Control	Add/View Personal Notes >

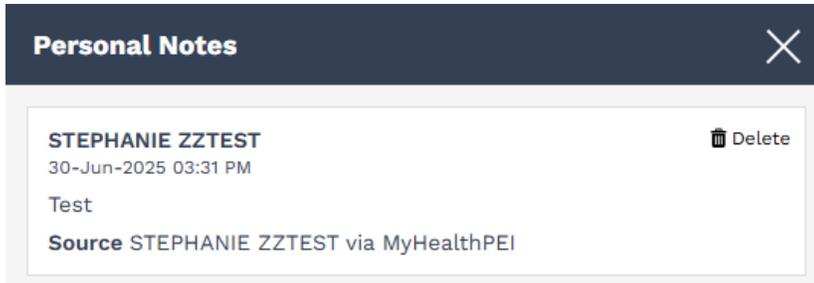
Personal Notes

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.



Are you sure you want to delete this item?

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



4.3.4 Insulin

The **Insulin** tool allows you to self-enter and track your insulin usage. In this tool, you will find two areas for self-entry:

- My Insulin Use
- My Insulin Information

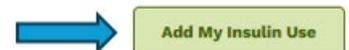
4.3.4.1 My Insulin Use

At the top of the **Insulin** tab, you will see a button that allows you to **Add My Insulin Use**.

My Insulin Use

Keep track of your insulin use here by clicking on **Add My Insulin Use**. Then pick a date range to see your insulin use over time.

Click on each entry to see details.



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

Add My Insulin Use ✕

Add the date, time, and details of your insulin dose then click save

* Indicates a required field

***Date**

03-12-2024 ✕  HH : MM AM PM

***Insulin Type**

Green

***Amount Injected**

2 units

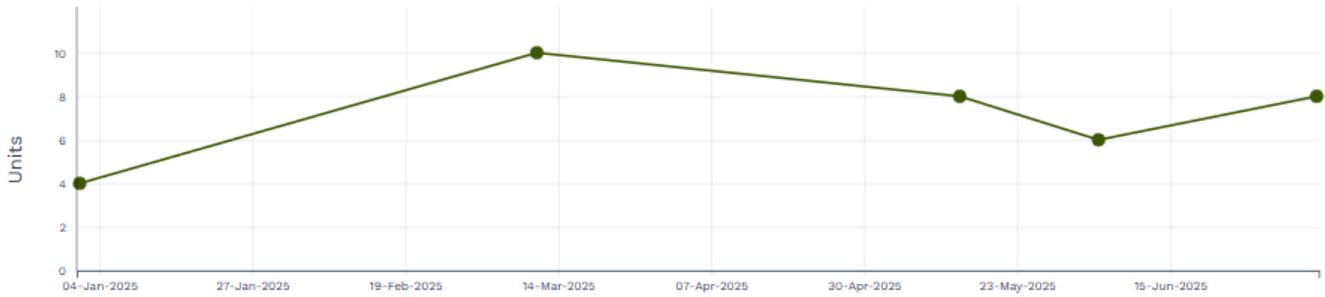


As you enter your information, you will see a graph fill out, and a list of each entry will populate below it.

Date Range

Last 12 Months

Group readings by time of day



Date	Insulin Type	Amount Injected	Personal Notes
07-Jul-2025 04:08 PM	NPH-Insulin	8 units	Add/View Personal Notes
04-Jun-2025 04:08 PM	NPH	6 units	Add/View Personal Notes
14-May-2025 04:09 PM	Yellow	8 units	Add/View Personal Notes
11-Mar-2025 04:10 PM	Red	10 units	Add/View Personal Notes
01-Jan-2025 10:42 AM	NPH	4 units	Add/View Personal Notes

With your insulin readings, you can adjust how you view your information within the graph. Just above the graph, you will see a checkbox called **Group readings by time of day**. If you click on this box, it will adjust the view of your graph, grouping your results by time of day (for example, before dinner, after dinner).

Date Range

Last 90 Days

Group readings by time of day



Date	Overnight	Early Morning	Late Morning	Early Afternoon	Late Afternoon	Early Evening	Late Evening	Bedtime
05-Nov-2024	12 units							
03-Nov-2024						7 units		
01-Nov-2024			5 units					
27-Oct-2024						12 units		
16-Oct-2024					5 units			

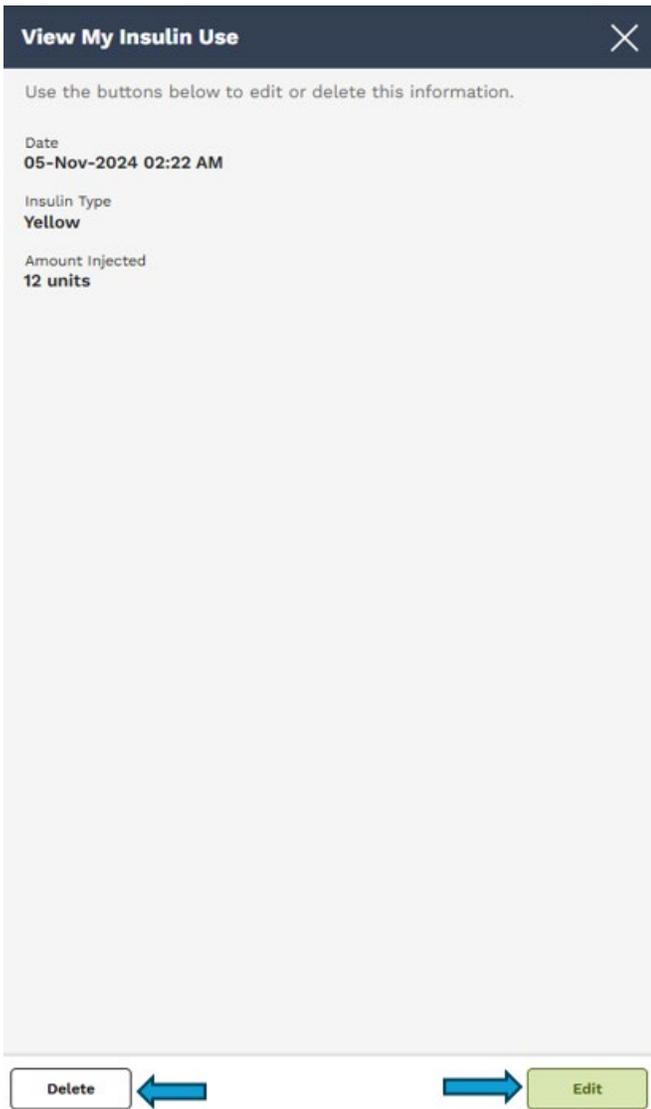
If you wish to pull only a certain timeframe to show in your graph and accompanying list, select the **Date Range** dropdown and choose your desired dates:

Date Range

Last 12 Months

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

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 My Insulin Use** 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**.

Date ▾	Insulin Type ▾	Amount Injected ▾	Personal Notes
07-Jul-2025 04:08 PM	NPH-Insulin	8 units	 Add/View Personal Notes >
04-Jun-2025 04:08 PM	NPH	6 units	Add/View Personal Notes >
14-May-2025 04:09 PM	Yellow	8 units	Add/View Personal Notes >
11-Mar-2025 04:10 PM	Red	10 units	Add/View Personal Notes >
01-Jan-2025 10:42 AM	NPH	4 units	Add/View Personal Notes >

1 - 5 of 5 | 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?

4.3.4.2 My Insulin Information

As you continue to scroll down on the Insulin tab, you will see one additional section called **My Insulin Information** where you can keep track of the insulins that you have used over time. To add information, click on the **Add My Insulin Information** button on the top right-hand corner of the **My Insulin Information** section.

My Insulin Information

Add My Insulin Information to keep track of the insulins you've used over time.

This will help you share your information with your Healthcare Team or Diabetes Educators!



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

Add My Insulin Information ✕

Add your recommended insulin and your dose then click Save

* Indicates a required field

***Insulin Type**

***Ordered Dose** units



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**.

Insulin Type	Ordered Dose	Source	Personal Notes
NPH-Insulin	4 units	JOHN ZZTEST via MyHealthPEI	 <input type="button" value="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?



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

Related Information:

- [Getting started with insulin | Diabetes Canada](#) 
- [Getting started with Insulin Injections | Diabetes Canada](#) 
- [Diabetes Drug Programs | PEI](#) 
- [Diabetes Care | PEI](#) 
- [Diabetes and School | Caring for Kids](#) 
- [Supporting Kids with Diabetes | Diabetes at School](#) 

4.3.5 Sleep

The **Sleep** tool will allow you to log and keep track of your sleep.

At the top of the **Sleep** tab, you will see a button that allows you to **Add Sleep Session**.

Sleep

Sleep is important for many aspects of health and well-being. There are several methods you can use to help you sleep better and allow your mind and body to recharge.



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

Add Sleep Session ✕

Enter the details of your sleep session and click save.

* Indicates a required field

***Date**
2025-06-10 ✕

***Time to sleep**
11 : 00 AM PM

***Wake up time**
7 : 00 AM PM

***Hours of sleep**
8 : 00 Calculate automatically

Sleep results

Select ▼

- Select
- Still very sleepy
- Awake but still tired
- Wide awake & rested



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

Sleep

Sleep is important for many aspects of health and well-being. There are several methods you can use to help you sleep better and allow your mind and body to recharge.

[Add Sleep Session](#)

Date Range

Last 12 Months

Date	Time to sleep	Wake up time	Hours of sleep	Sleep results	Source	Personal Notes
10-Jun-2025	11:00 PM	7:00 AM	8 hrs	Wide awake & rested	JOHN ZZTEST via MyHealthPEI	Add/View Personal Notes

1 - 1 of 1 | Page 1 of 1

If you wish to pull only a certain timeframe to show in your list, select the **Date Range** dropdown and choose your desired dates:

Date Range

Last 12 Months

All

Last 7 Days

Last 14 Days

Last 30 Days

Last 90 Days

Last 6 Months

Last 12 Months

Custom

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 Sleep Session** pop-up window.

View Sleep Session



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

Date

10-Jun-2025

Time to sleep

11:00 PM

Wake up time

7:00 AM

Hours of sleep

8 hrs

Sleep results

Wide awake & rested

Source

JOHN 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**.

Date	Time to sleep	Wake up time	Hours of sleep	Sleep results	Source	Personal Notes
10-Jun-2025	11:00 PM	7:00 AM	8 hrs	Wide awake & rested	JOHN ZZTEST via MyHealthPEI	<input type="button" value="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?

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

Related Information:

- [All about Sleep | Sleep on it Canada](#) 🔗
- [10 simple tips for better sleep | Sleep on it Canada](#) 🔗
- [Canadian Sleep Society | Canada](#) 🔗
- [Why Do We Need Sleep? | Sleep Foundation](#) 🔗