MyHealthPEI Resource Guide: Health Records

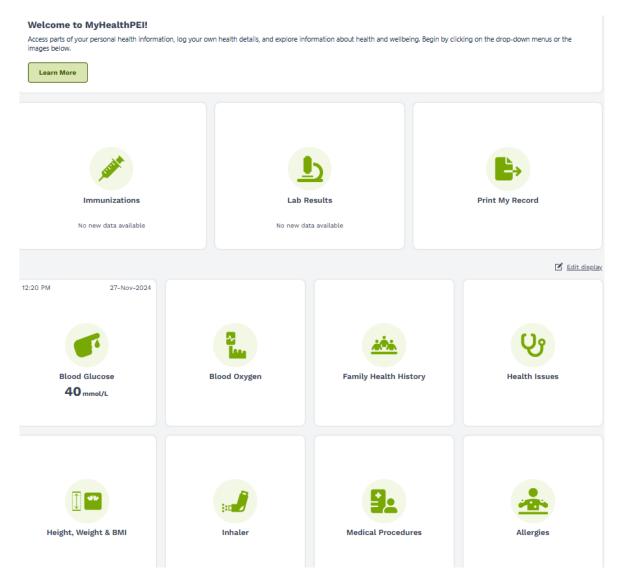
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2 Health Records

The **Health Records** tool will provide you with access to components of your immunizations and test results, along with several tools you can use to store various pieces of your health history.

The information within 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.



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



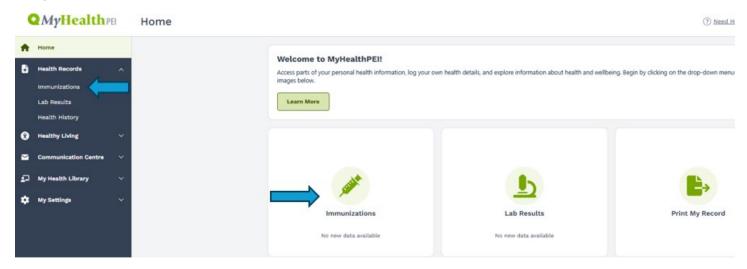
The following tools are currently available in **Health Records**:

- Immunizations
- Lab Results
- Health History

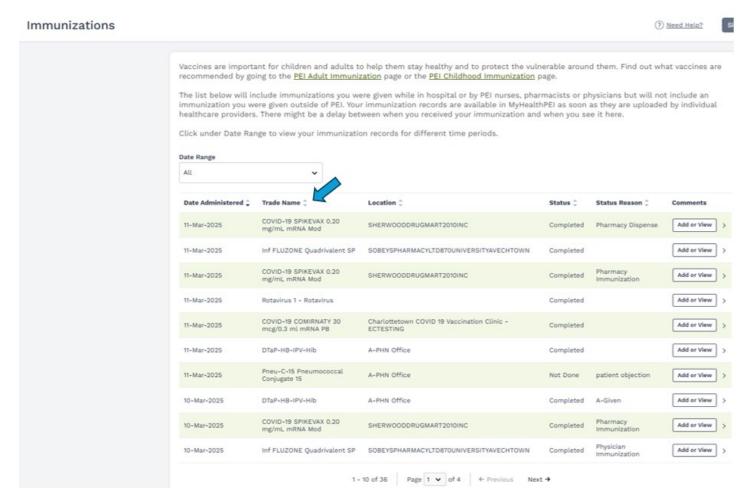
2.1 Immunizations

The Immunizations tool allows you to see a record of vaccines you received in the province that have been digitally recorded in PEI's Immunization Registry. This includes vaccines you received from public health nursing, community pharmacists, primary care providers, as well as vaccines received while in hospital, long-term care or at a post-secondary institution in PEI.

From the Home dashboard screen, you can access your immunizations in two ways. You can click on the tile in the centre of the screen labelled **Immunizations**, or you can open the **Health Records** dropdown on the left-hand navigation bar and select **Immunizations** from there – both will take you to the same screen.



Once you are on the immunizations screen, you will see a list of all of your available immunizations appear. You are able to sort your immunization information (ie. alphabetically by Trade Name, oldest to newest for Date Administered) by clicking on the small arrows beside each column name.



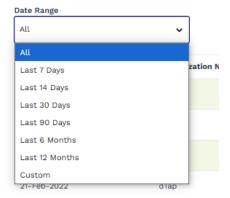
At the top of the immunizations screen, you will find some helpful information, including links to the Government of PEI Child and Adult Immunization pages.

Vaccines are important for children and adults to help them stay healthy and to protect the vulnerable around them. Find out what vaccines are recommended by going to the PEI Adult Immunization page or the PEI Childhood Immunization page.

The list below will include immunizations given in hospital, by PEI Public Health Nursing and Pharmacists, but will not include an immunization you were given outside of PEI.

Click under Date Range to view your immunization records for different time periods.

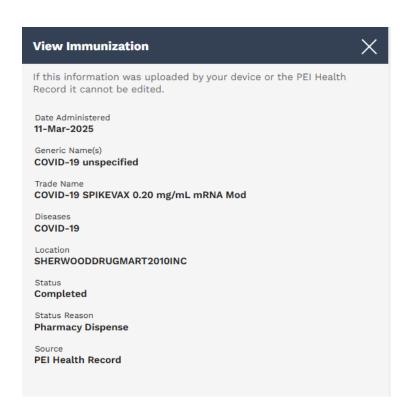
Also, toward the top of the page, you have the option of choosing a specific date range to view by selecting the **Date Range** dropdown and selecting your preferred timeframe.



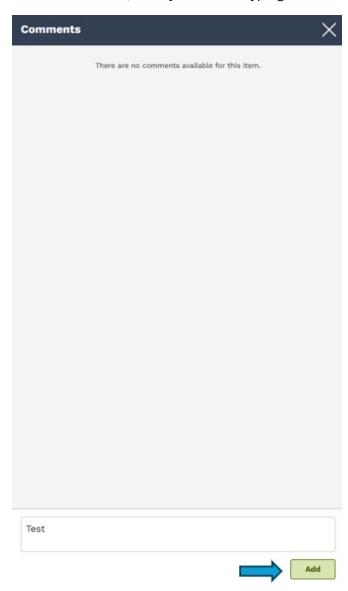
You may have multiple pages available to view, which you will see at the bottom of the list of immunizations. To move between the pages, please use the **Previous** and **Next** buttons.

To view a specific immunization record, click the arrow beside the Comments columns, or anywhere on the record you wish to view. On the right-hand side of the screen, you will see a popup open where you can also view additional immunization information.

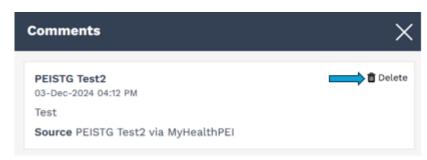




You can also add or view comments. It is important to note that the comments you add are *only visible by yourself* unless you choose to share your record. Select the **Add or View Comments** button and you will see a popup open on the right-hand side of your screen. Here, you will see an area where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



To delete a comment, click the **Add or View Comment** button associated with the record. Click the **garbage icon** (**Delete**). When prompted, click **Delete** again to confirm.



Toward the bottom of the Immunizations screen, you will see a green box called **Related Information**. Here you will find a selection of links that provide you with further information on topics like immunization schedules along with links for booking your immunizations.

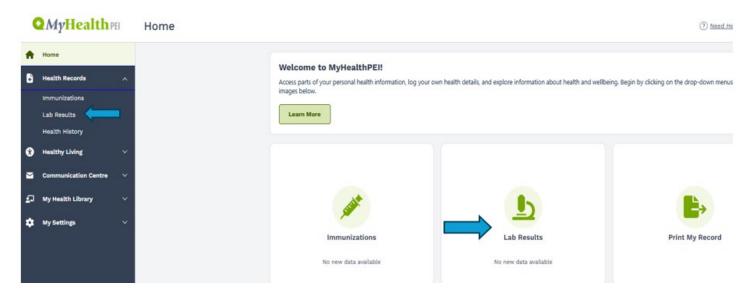
Related Information:

- Childhood Immunizations | PEI @
- A parent's guide to Immunizations | Caring for Kids ৫
- Are my Immunizations up to date? | PEI ☑
- Adult Immunizations | PEI @
- Myths and Misconceptions -Vaccines | World Health Organization (WHO) 면
- Flu Vaccination Clinics | PEI @

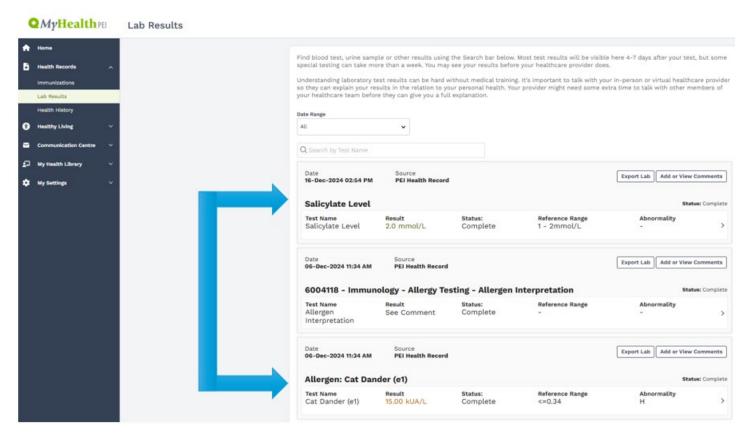
2.2 Lab Results

The **Lab Results** tool allows you to see a record of blood tests, urine samples or other laboratory test results that you received in the province from April 2025 onward. Please remember that most test results will be visible on MyHealthPEI 4 to 7 days after your test is processed and completed. Some test results may take longer to appear in MyHealthPEI as the lab test may take more time to process or it may need to be sent out of province for processing.

From the **Home** dashboard screen, you can access your lab results in two ways. You can click on the tile in the centre of the screen labelled **Lab Results**, or you can open the **Health Records** dropdown on the left-hand navigation bar and select **Lab Results** from there – both will take you to the same screen.



Once you are on the Lab Results screen, a list of all of your available results will appear.

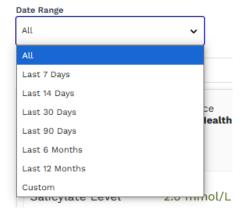


At the top of the **Lab Results** screen, you will find some helpful information, including guidance around timelines and who to talk to for support when you have a medical-related question.

Find blood test, urine sample or other results using the Search bar below. Most test results will be visible here 4-7 days after your test, but some special testing can take more than a week. You may see your results before your healthcare provider does.

Understanding laboratory test results can be hard without medical training. It's important to talk with your in-person or virtual healthcare provider so they can explain your results in the relation to your personal health. Your provider might need some extra time to talk with other members of your healthcare team before they can give you a full explanation.

Also, toward the top of the page, you have the option of choosing a specific date range to view by selecting the **Date Range** dropdown and selecting your preferred timeframe.



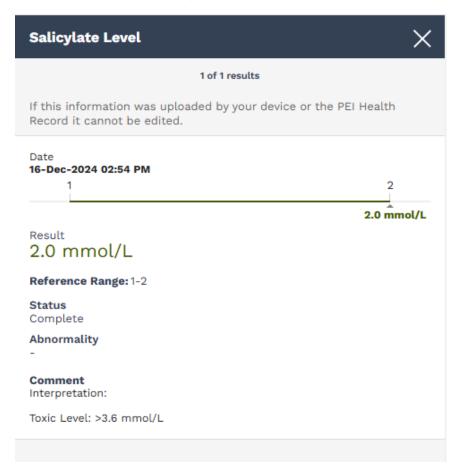
You can also search for a specific test result by typing the name of the test in the **Search** box, located on the top left-hand side of the screen, directly below the **Date Range**.



You may have multiple pages of results available to view, which you will see at the bottom of the list of lab results. To move between the pages, please use the **Previous** and **Next** buttons.



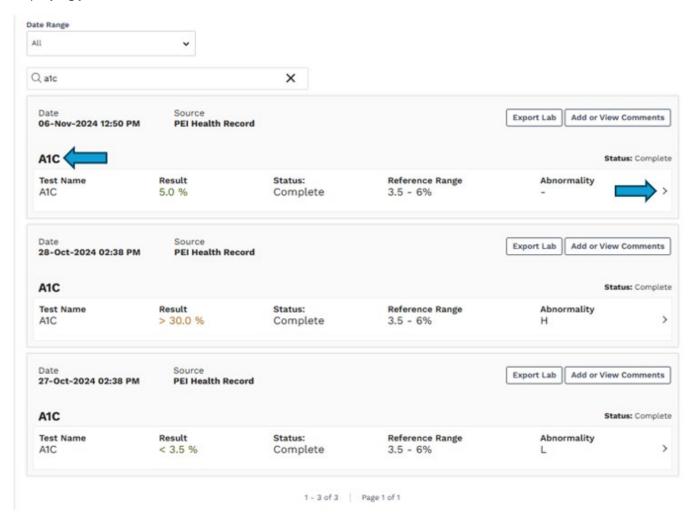
To view a specific lab result record, click anywhere on the record you wish to view. On the right-hand side of the screen, you will see a pop-up open where you can also view your results.

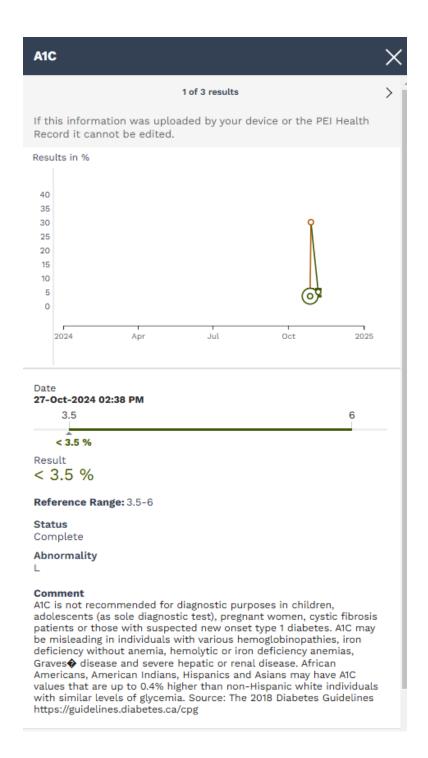


On each record, you will find the following information:

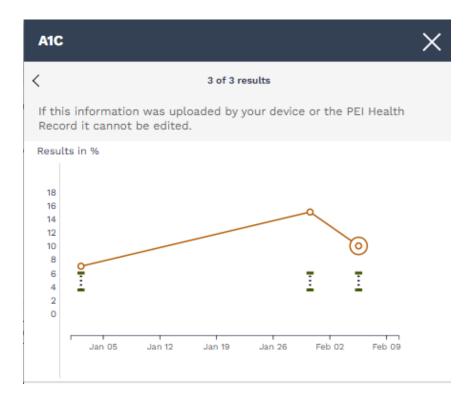
- Test name
- Date
- Reference range (the target range for the lab result as determined by the lab team)
- Status
- Abnormality (Crit = Critical, H = High, M = Medium, L = Low, blank or "-" means within the reference range)

If you have certain bloodwork completed on a regular basis, for example your A1Cs, you will be able to see a graph that tracks your results over time. To access this graph, click on your lab result record on the main lab results screen and the pop-up will open on the right-hand side of your screen. Here, you will see a graph populate, displaying your results for that test over time.





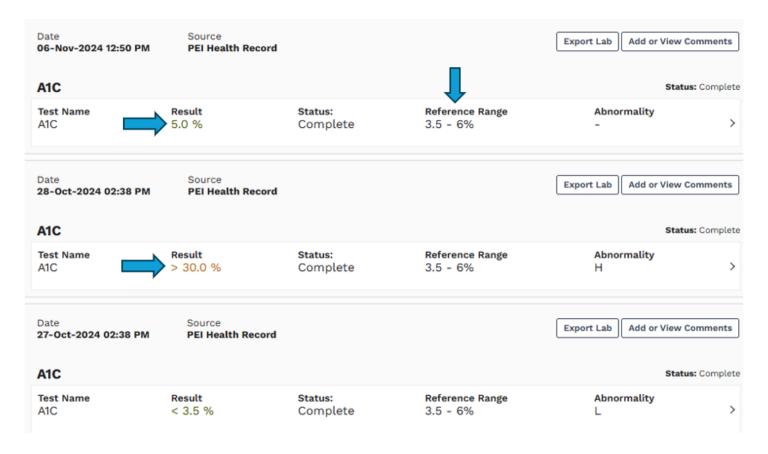
Please Note: If you would like to zoom in to your lab results graph to show a shorter window of time (for example, results graphed at a weekly or monthly level), click on the graph and roll the scroll wheel of your mouse toward or away from you. If you are using a laptop that has a trackpad, click on the graph and use two fingers to move up or down on the trackpad. If you are using a mobile device or tablet, touch the graph and use two fingers, moving them apart or together to adjust the level of detail on the graph.



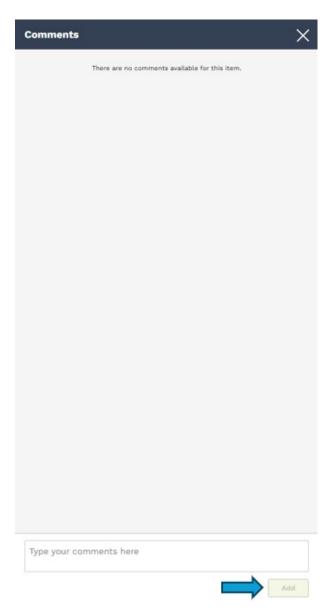
In the case of the above screenshot, you can see that there are 3 individual A1C test results. To view each result, you can use the **Arrow** button located on the top right-hand corner of the screen to move through each of your available A1C results.



To help you better understand your results, the result number itself will be colour-coded based on whether your result falls within or outside of the range of normal ("Reference Range") determined by the lab team. A normal result will appear in green, while an above or below normal result will appear in orange.



You can also add or view comments. It is important to note that the comments you add are *only visible to you* unless you choose to share your record. Select the **Add or View Comments** 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 comments. If it is a new comment, once you are done typing click on **Add**.



To delete a comment, click the **Add or View Comment** button associated with the record. Click the **garbage icon** (**Delete**). When prompted, click **Delete** again to confirm.



Toward the bottom of the **Lab Results** screen, you will see a green box called Related Information. Here you will find a selection of links that provide you with further information on topics like locating a walk-in clinic and booking a laboratory test appointment.

Related Information:

- What is that Health Test? | Alberta Health @
- Appointments for Laboratory Tests | PEI 12
- Walk-in Clinics Skip the Waiting Room | PEI
- What about Walk-in Clinics ? PEI

2.3 Health History

The **Health History** tool allows you to self-enter various pieces of your health history. The tool consists of the following sub-tools:

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

Health History

Allergies Family Health History Health Issues Medical Procedures

2.3.1 Allergies

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

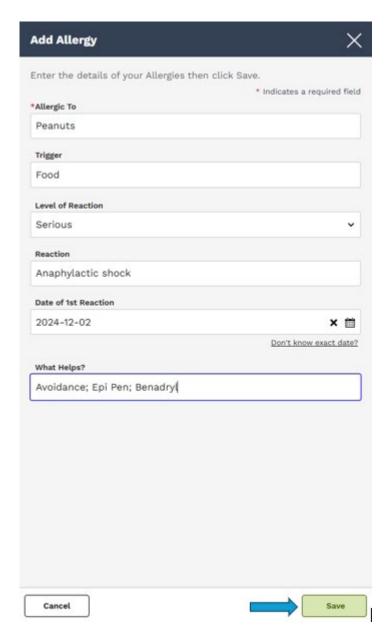
Allergies

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

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



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



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

Allergies

You can keep track of your Allergies here. People can have allergies to foods, medications or other things around them. Talk with your virtual or inperson 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.



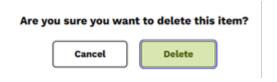
1 - 1 of 1 Page 1 of 1

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



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

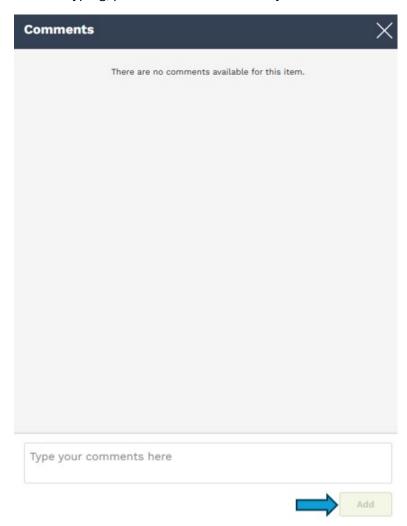
If you are choosing to delete, please click the **Delete** button, followed by the **Delete** button pictured below.



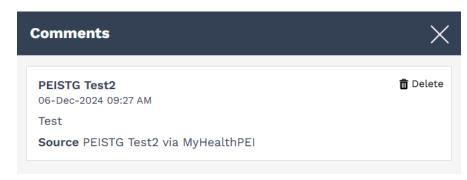
You can also choose to add or view comments on your allergy entries. It is important to note that the comments you add are *only visible by yourself* unless you choose to share your record. To add a comment, click **Add or View Comment** on the entry you would like to comment on.



A window will pop up on the right-hand side of your screen where you can type in your comment. Once you have finished typing, press the **Add** button and your comment will be saved.



If you would like to delete a comment, click on the **Add or View Comment** button on the line you would like to adjust, locate the comment you wish to delete, and click on the **garbage can (Delete)** button and select **Delete** again on the box that pops up.



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 ☑

2.3.2 Family Health History

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

Family Health History

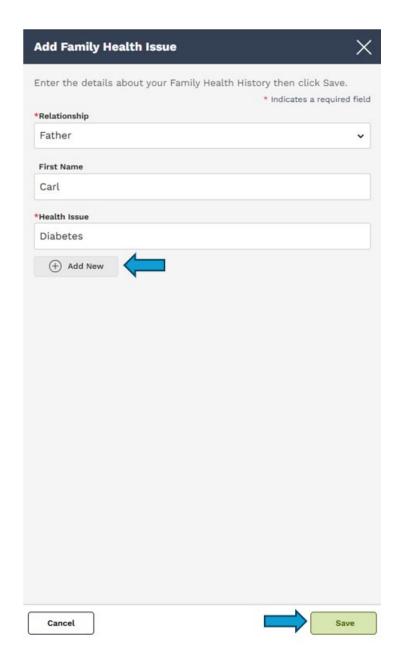
Your family health history is important to discuss with your virtual or in-person health care providers. Please share this information with them at your next visit.

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.



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

Family Health History

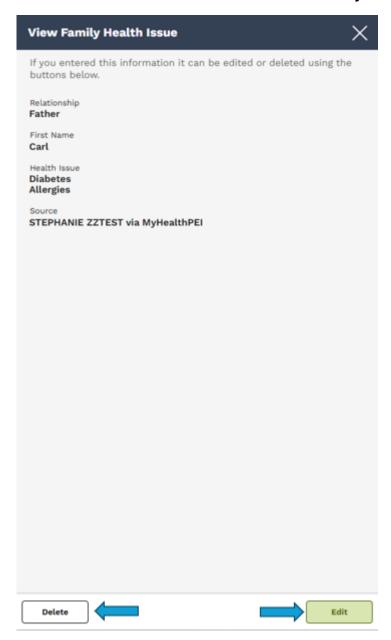
Your family health history is important to discuss with your virtual or in-person health care providers. Please share this information with them at your next visit.

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!

Relationship \$\displays \text{First Name \$\displays \text{Health Issue \$\displays \text{Comments}} \text{Comments} \text{Add or View Comments} \text{} \rightarrow \text{}

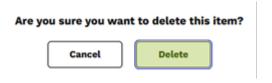
1 - 1 of 1 | Page 1 of 1

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

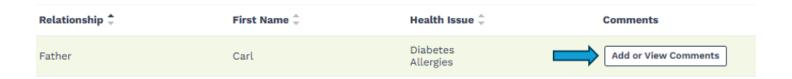


If you are choosing to edit, you can simply select **Edit** and type in your updated information.

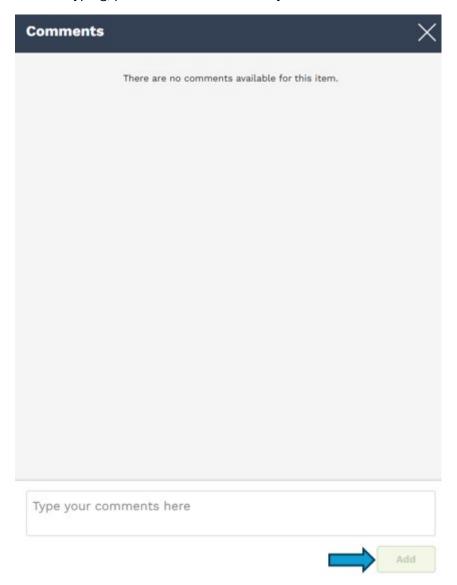
If you are choosing to delete, please click the **Delete** button, followed by the **Delete** button pictured below.



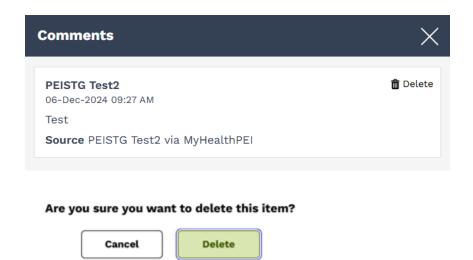
You can also choose to add or view comments on your family health history entries. It is important to note that the comments you add are *only visible by yourself* unless you choose to share your record. To add a comment, click **Add or View Comment** on the entry you would like to comment on.



A window will pop up on the right-hand side of your screen where you can type in your comment. Once you have finished typing, press the **Add** button and your comment will be saved.



If you would like to delete a comment, click on the **Add or View Comment** button on the line you would like to adjust, locate the comment you wish to delete, and click on the **garbage can (Delete)** button and select **Delete** again on the box that pops up.



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

Related Information:

- Diseases and Conditions | Canada ☑
- Disease and Disease Prevention | BC ☑
- Advance Care Planning | PEI @
- Health Conditions and Treatments | Caring for Kids ☑
- Health Topics | Medline Plus @

2.3.3 Health Issues

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

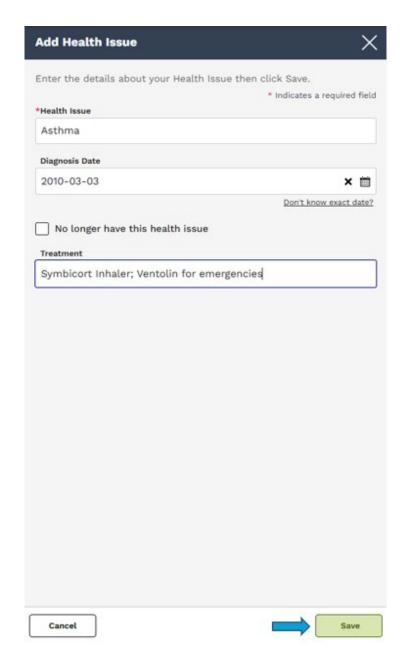
Health Issues

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.



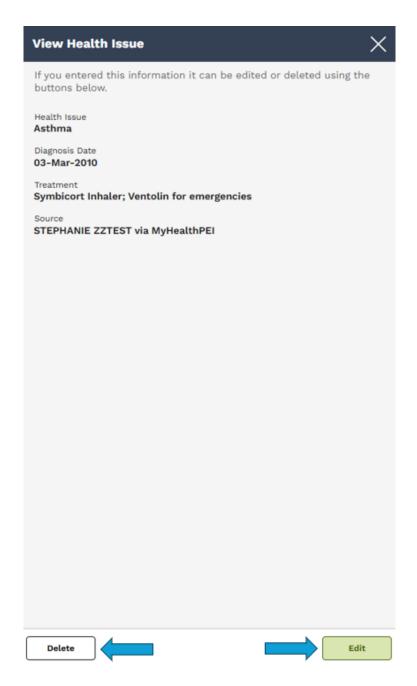
When you click on this button, a window will open on the right-hand side of your screen. Here is where you can enter your health issue information. Once you enter your information, click **Save** on the bottom right-hand corner of your screen.



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

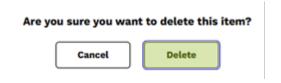
Health Issues It's important to keep a record of the Health Issues you used to have or are now dealing with, such as: asthma, high blood pressure, cancer, bowel disease or mental health illness. Keeping track here can help you remember the details when health care providers ask for information on your health history. Add Health Issue Health Issue Diagnosis Date Treatment Treatment Asthma O3-Mar-2010 Symbicort Inhaler; Ventolin for emergencies Add or View Comments

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** popup window.



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

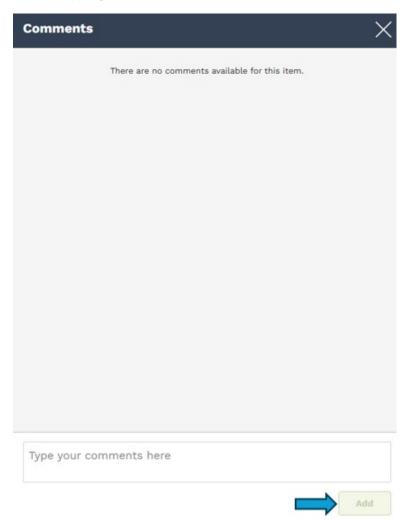
If you are choosing to delete, please click the **Delete** button, followed by the **Delete** button pictured below.



You can also choose to add or view comments on your health issue entries. It is important to note that the comments you add are *only visible by yourself* unless you choose to share your record. To add a comment, click **Add or View Comment** on the entry you would like to comment on.



A window will pop up on the right-hand side of your screen where you can type in your comment. Once you have finished typing, press the **Add** button and your comment will be saved.



If you would like to delete a comment, click on the **Add or View Comment** button on the line you would like to adjust, locate the comment you wish to delete, and click on the **garbage can (Delete)** button and select **Delete** again on the box that pops up.



Are you sure you want to delete this item?



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

Related Information:

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

2.3.4 Medical Procedures

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

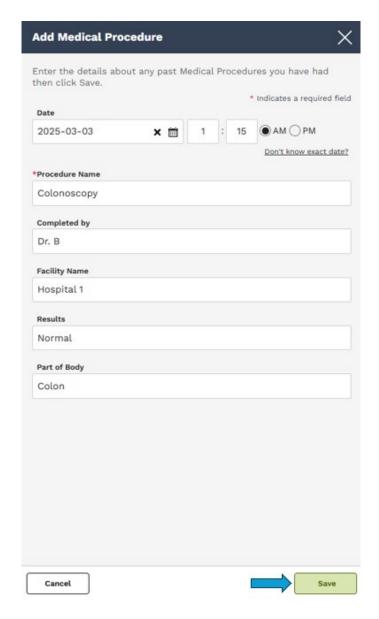
Medical Procedures

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.



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

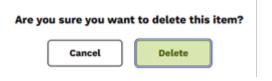


If you would like to either edit or delete existing data, click on the line you wish to edit or delete. Then click on the **Edit** or **Delete** button on the bottom of the **View Medical Procedure** popup window.



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

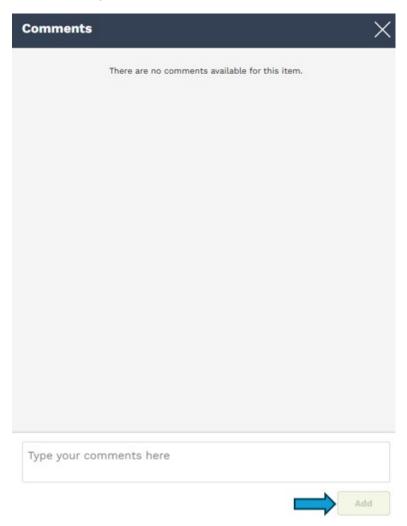
If you are choosing to delete, please click the **Delete** button, followed by the **Delete** button pictured below.



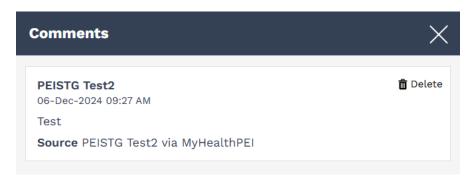
You can also choose to add or view comments on your medical procedures entries. It is important to note that the comments you add are *only visible by yourself* unless you choose to share your record. To add a comment, click **Add or View Comment** on the entry you would like to comment on.



A window will pop up on the right-hand side of your screen where you can type in your comment. Once you have finished typing, press the **Add** button and your comment will be saved.



If you would like to delete a comment, click on the **Add or View Comment** button on the line you would like to adjust, locate the comment you wish to delete, and click on the **garbage can (Delete)** button and select **Delete** again on the box that pops up.



Are you sure you want to delete this item?



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 ☑