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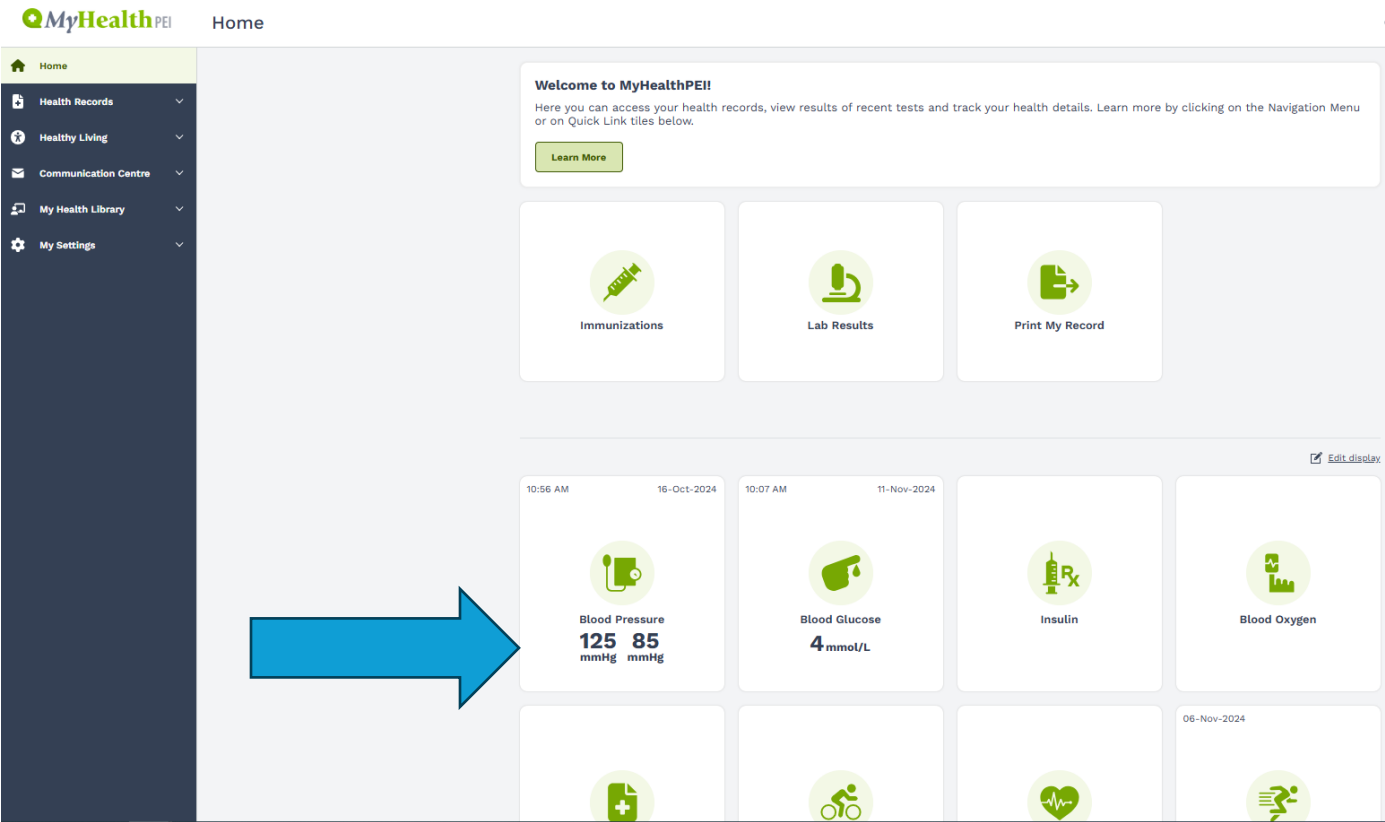
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3 Healthy Living

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 **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 & BMIBody Measurements
Vital Signs & Reading	<ul style="list-style-type: none">Blood GlucoseBlood Oxygen (O2) SaturationBlood PressureHeart RateTemperature

Personal Logs	<ul style="list-style-type: none"> • Activity • Inhaler • Insulin
---------------	--

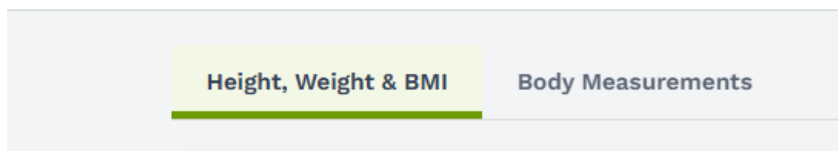
If you have one of the eligible wearable devices, you can choose to sync your device to MyHealthPEI. This will allow for automatic entry of information into the sub-options within the various Healthy Living tools.

3.1 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



3.1.1 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.

Add Height, Weight & BMI

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

Cancel

Save

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

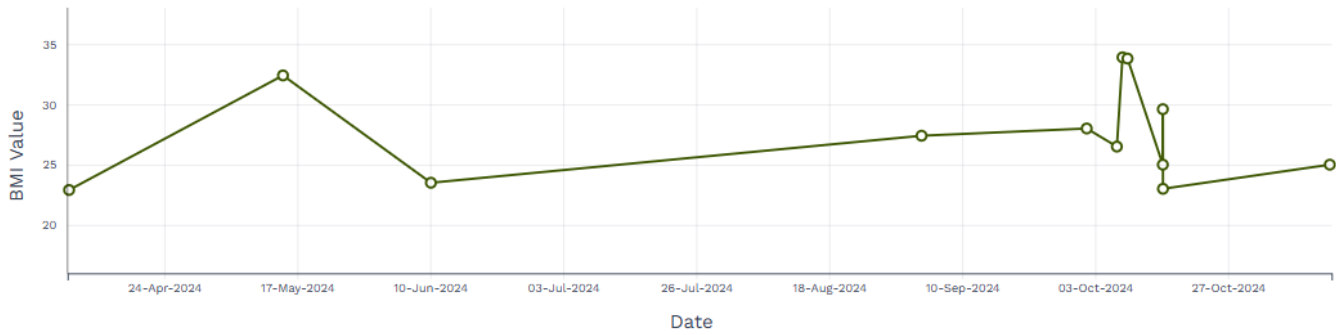
▼

Cancel

➡

Save

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.



Date ▾	BMI ▾	Height ▾	Weight ▾	Source ▾
13-Nov-2024 04:30 PM	25.0	5'5"	150.5 lbs	PEISTG Test2 via MyHealthPEI >
15-Oct-2024 04:27 PM	23.0			PEISTG Test2 via MyHealthPEI >
15-Oct-2024 03:52 PM	29.6	5'2"	162 lbs	PEISTG Test2 via MyHealthPEI >
15-Oct-2024 03:48 PM	25.0			PEISTG Test2 via MyHealthPEI >
09-Oct-2024 12:14 PM	33.8	5'2"	185 lbs	PEISTG Test2 via MyHealthPEI >
08-Oct-2024 03:20 PM	33.9			PEISTG Test2 via MyHealthPEI >
07-Oct-2024 03:50 PM	26.5	5'2"	145 lbs	PEISTG Test2 via MyHealthPEI >
02-Oct-2024 09:50 AM	28.0	5'1"	148 lbs	PEISTG Test2 via MyHealthPEI >

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** popup 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

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

View your weight trend over time. Maintaining a healthy weight is important for everyone, and [healthy growth](#) is especially important for children!

Click on each entry to see details.

Unit

lbs and oz

Date Range

All



Date ▾	Value ▴ ▾	Source ▴ ▾	Comments
05-Dec-2024 12:10 PM	151 lbs 0.000 oz	Garmin	<div>Add or View Comments</div> >
05-Dec-2024 09:19 AM	148 lbs 0.000 oz	Garmin	<div>Add or View Comments</div> >
13-Nov-2024 04:30 PM	150 lbs 8.000 oz	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> >

Height

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

Your child's height is an important marker of healthy growth.

Talk to an in-person or virtual Healthcare provider if you have concerns for yourself or your child.

Unit

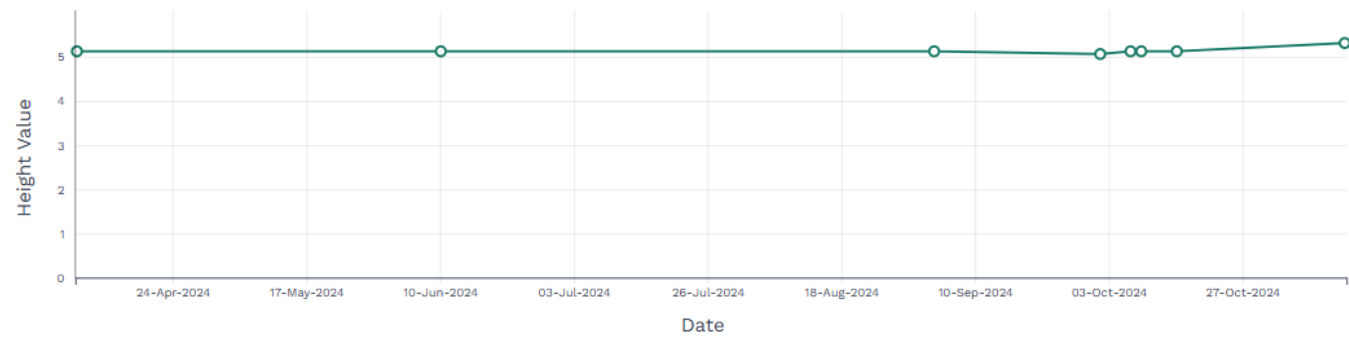
ft and in

▼

Date Range

All

▼



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

lbs and oz

▼

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

ft and in

▼

m

cm

ft and in

in

You can also choose to add or view comments on your weight 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 Comments** on the entry.

Date	Value	Source	Comments
05-Dec-2024 12:10 PM	151 lbs 0.000 oz	Garmin	<div>Add or View Comments</div>

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.

Comments

×

There are no comments available for this item.

Type your comments here

➡

Add

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.

Comments

×

PEISTG Test2

06-Dec-2024 09:27 AM

Test

Source PEISTG Test2 via MyHealthPEI

🗑 Delete






Are you sure you want to delete this item?

Cancel

Delete

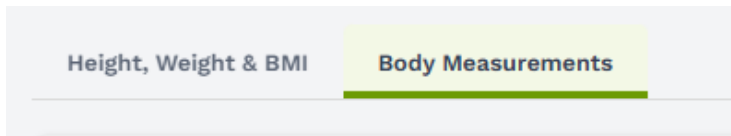
Helpful links are included in the Related Information box at the bottom of the **Height, Weight & BMI** tab.

Related Information:

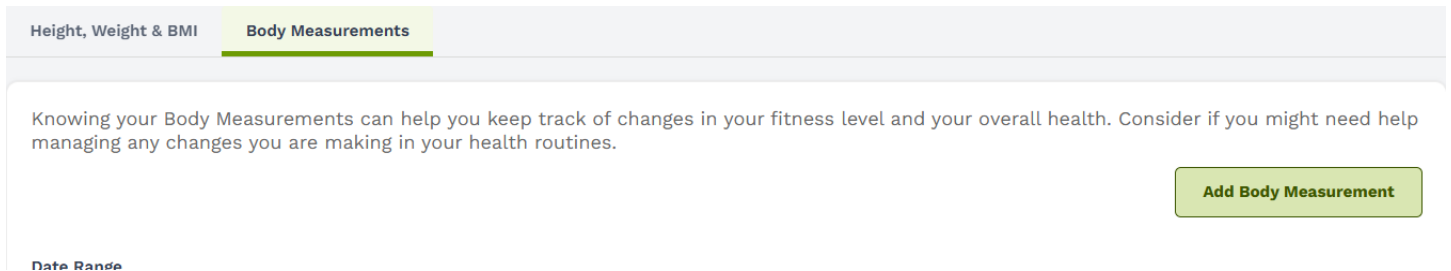
- [Your BMI and Waist Size-Your Health Risks | BC](#) 
- [Tips for Kids and Food | Dietitians of Canada](#) 
- [Body Mass Index \(BMI\) Calculator | Canada](#) 
- [Wellness | PEI](#) 
- [Get Active | participAction](#) 

3.1.2 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

Cancel

Save

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.

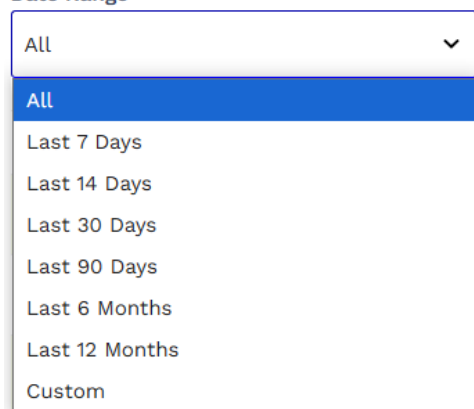
Date Range

All

Date	Measurement Name	Value	Source	Comments
06-Nov-2024	Bust size	86 cm	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> <div>></div>
06-Nov-2024	Head circumference	55 cm	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> <div>></div>
06-Nov-2024	Left wrist size	23 cm	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> <div>></div>
06-Nov-2024	Neck size	33 cm	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> <div>></div>
30-Oct-2024	Neck size	36 cm	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> <div>></div>
18-Oct-2024	Neck size	38 cm	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> <div>></div>
15-Oct-2024	Left wrist size	23 cm	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> <div>></div>
08-Oct-2024	Neck size	38 cm	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> <div>></div>

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.

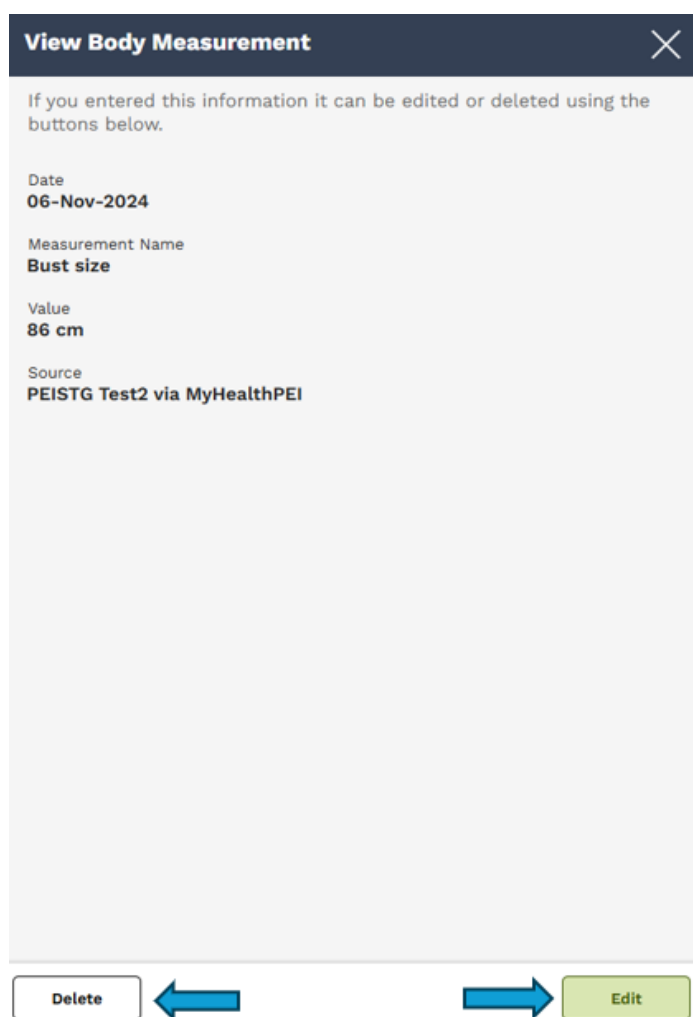
Date Range



A dropdown menu for selecting a date range. The menu is open, showing a list of options. The 'All' option is highlighted in blue. The options are: All, Last 7 Days, Last 14 Days, Last 30 Days, Last 90 Days, Last 6 Months, Last 12 Months, and Custom.

- 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 Body Measurement** popup window.



A popup window titled 'View Body Measurement' with a close button (X) in the top right corner. The window contains the following information:

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: 'Delete' and 'Edit'. 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?

Cancel

Delete

You can also choose to add or view comments on your Body Measurements 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**.

Date ▾	Measurement Name ▾	Value ▾	Source ▾	Comments
06-Nov-2024	Bust size	86 cm	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> >

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.

Comments

×

There are no comments available for this item.

Type your comments here

➡

Add

If you would like to delete a comment, click on the **Add or View Comment** button on the line you want 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.

Comments

PEISTG Test2

06-Dec-2024 09:27 AM

Test

Source PEISTG Test2 via MyHealthPEI

Delete

Are you sure you want to delete this item?

Cancel

Delete

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](#)

3.2 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
- Heart Rate
- Temperature

Vital Signs & Readings

Need Help?

Sign Out

PE

Click on the tab of the Vital Sign you want to view. You can add a new entry for these Vital Signs either on your own, or through a wearable device.

Blood Glucose

Blood Oxygen (O2) Saturation

Blood Pressure

Heart Rate

Temperature

3.2.1 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

Cancel

Save

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

18

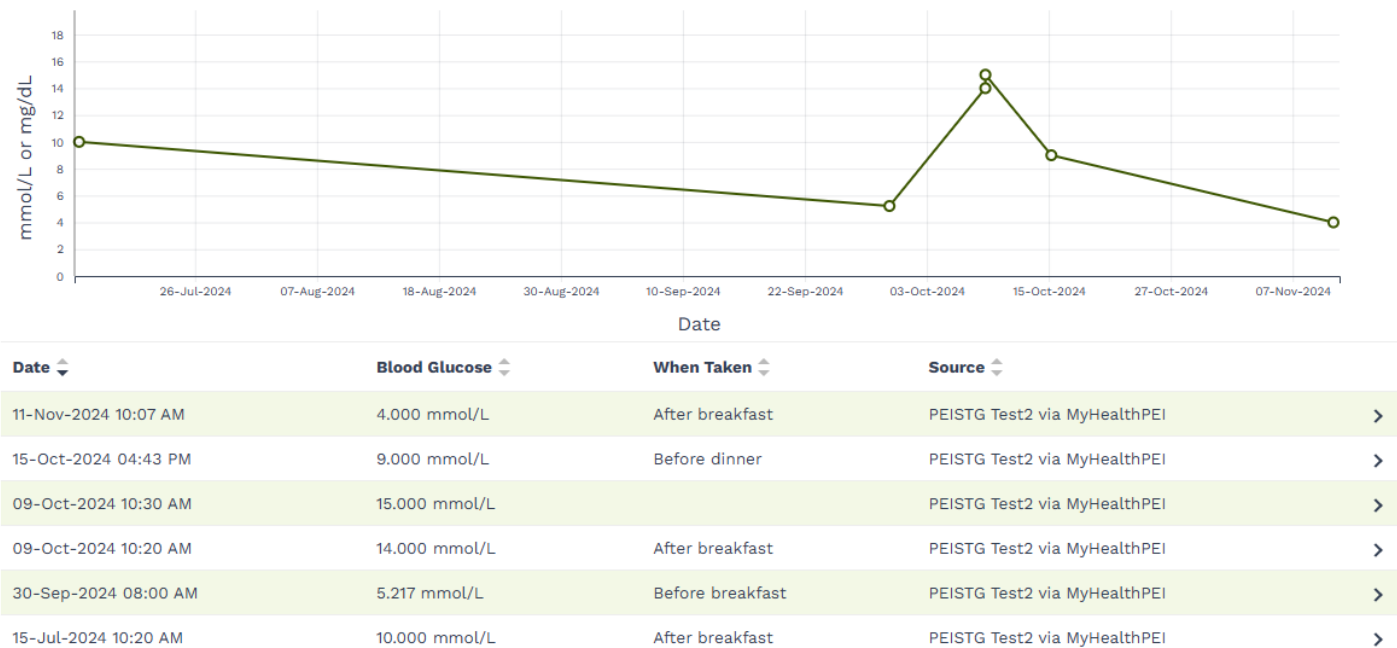
Unit

mmol/L

Date Range

All

☐ Group readings by time of day



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:

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 Glucose** popup window.

View Blood Glucose

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

Date

11-Nov-2024 10:07 AM

Day of Week

Monday

Blood Glucose

4.000 mmol/L

When Taken

After breakfast

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 button pictured below.






Are you sure you want to delete this item?

Cancel

Delete

Helpful links are included in the Related Information box at the bottom of the **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](#) 

3.2.2 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.

Add Blood Oxygen (O2) Saturation

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

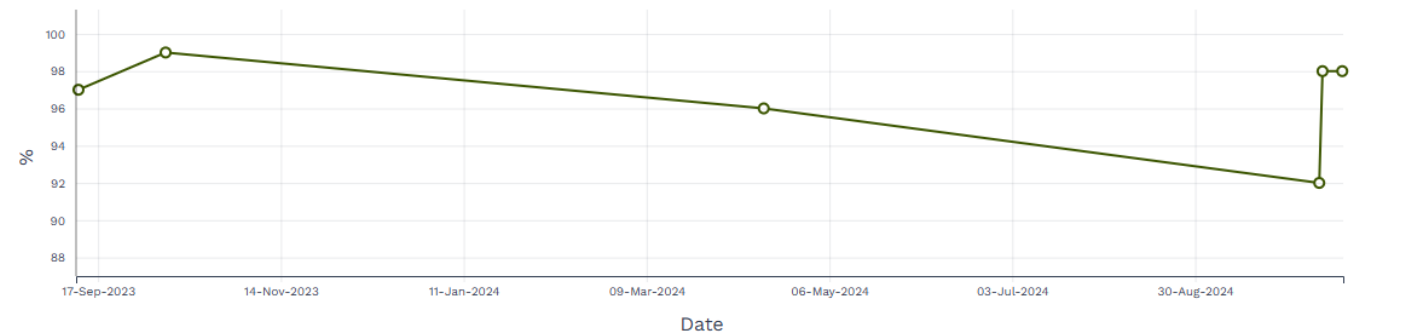
As you enter your information, you will see a graph fill out, and a list of each entry will populate below it.

Click on each entry to see details.

Add Blood Oxygen (O2) Saturation

Date Range

All



Date	Value	Source	Comments
15-Oct-2024 05:02 PM	98 %	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div>
09-Oct-2024 10:58 AM	98 %	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div>
08-Oct-2024 10:15 AM	92 %	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div>
15-Apr-2024 03:00 PM	96 %	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div>
09-Oct-2023 08:00 AM	99 %	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div>

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** popup window.

View Blood Oxygen (O2) Saturation

×

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

Date

15-Oct-2024 05:02 PM

Value

98 %

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 choose to add or view comments on your blood oxygen 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**.

Date ▾	Value ▾	Source ▾	Comments
15-Oct-2024 05:02 PM	98 %	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> >

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.

Comments

×

There are no comments available for this item.

Type your comments here

→

Add

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.

Comments

×

PEISTG Test2

06-Dec-2024 09:27 AM

Test

Source PEISTG Test2 via MyHealthPEI

🗑 Delete







Are you sure you want to delete this item?

Cancel

Delete

Helpful links are included in the Related Information box at the bottom of the **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](#) 

3.2.3 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.

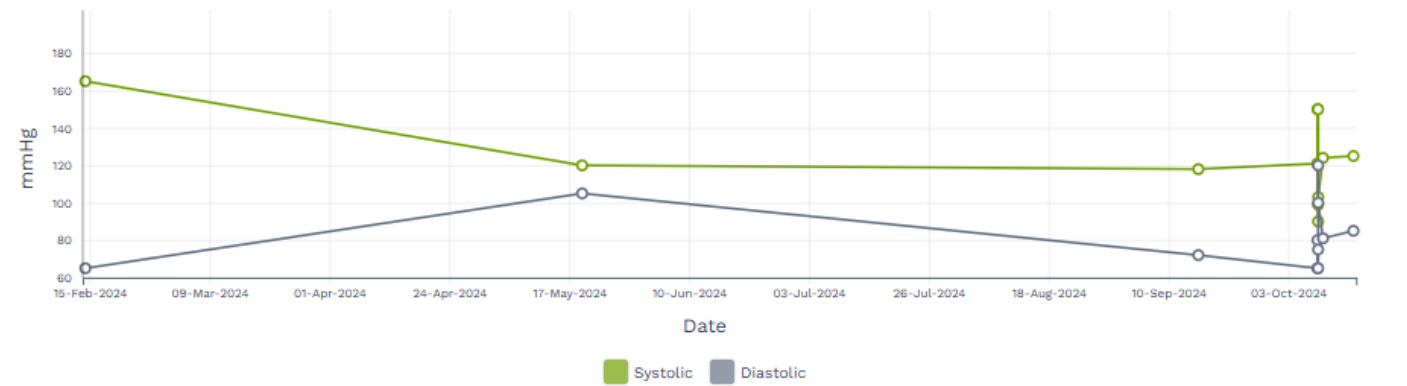
Add Blood Pressure

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 Range

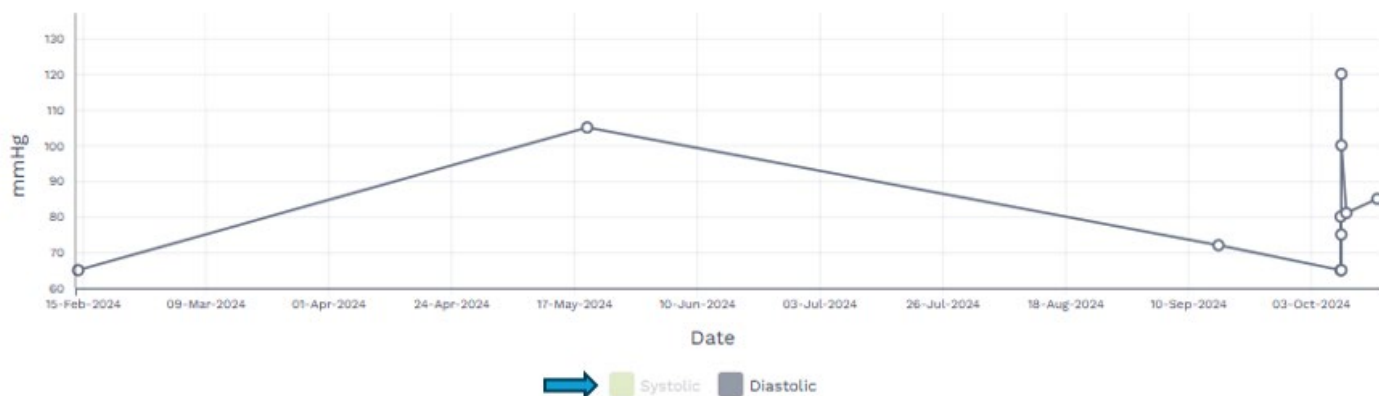
All



Date	Blood Pressure	Heart Rate	Source	Comments
16-Oct-2024 10:56 AM	125/85 mmHg	78 bpm	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div>
10-Oct-2024 02:00 PM	124/81 mmHg	87 bpm	Withings	<div>Add or View Comments</div>
09-Oct-2024 03:43 PM	103/100 mmHg		PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div>
09-Oct-2024 03:12 PM	150/120 mmHg		PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div>
09-Oct-2024 03:11 PM	90/65 mmHg		PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div>

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 popup window.

View Blood Pressure

×

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

Date
16-Oct-2024 10:56 AM

Blood Pressure
125/85 mmHg

Heart Rate
78 bpm

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 choose to add or view comments on your blood pressure 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.

Date ▾	Blood Pressure ▾	Heart Rate ▾	Source ▾	Comments
16-Oct-2024 10:56 AM	125/85 mmHg	78 bpm	PEISTG Test2 via MyHealthPEI	<div>Add or View Comments</div> >

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, click the **Add** button and your comment will be saved.

Comments

×

There are no comments available for this item.

Type your comments here

→

Add

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.

Comments

×

PEISTG Test2

06-Dec-2024 09:27 AM

Test

Source PEISTG Test2 via MyHealthPEI

🗑 Delete






Are you sure you want to delete this item?

Cancel

Delete

Helpful links are included in the Related Information box at the bottom of the **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](#) 

3.2.4 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

06-12-2024

10

:

51

☒ AM

☐ PM

*Value

beats per minute

Cancel

Save

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

Date Range

Last 12 Months

Date	Value	Source
01-Nov-2024 07:49 PM	50 beats per minute	PEISTG Test2 via MyHealthPEI
31-Oct-2024 07:49 PM	51 beats per minute	PEISTG Test2 via MyHealthPEI
16-Oct-2024 11:10 AM	76 beats per minute	PEISTG Test2 via MyHealthPEI
10-Oct-2024 02:34 PM	100 beats per minute	PEISTG Test2 via MyHealthPEI
10-Oct-2024 11:10 AM	73 beats per minute	PEISTG Test2 via MyHealthPEI
07-Oct-2024 02:34 PM	100 beats per minute	PEISTG Test2 via MyHealthPEI
06-Aug-2024 11:09 AM	75 beats per minute	PEISTG Test2 via MyHealthPEI
11-Mar-2024 11:09 AM	70 beats per minute	PEISTG Test2 via MyHealthPEI

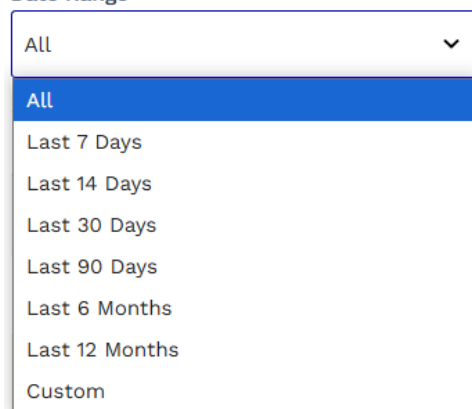
1 - 8 of 8

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.

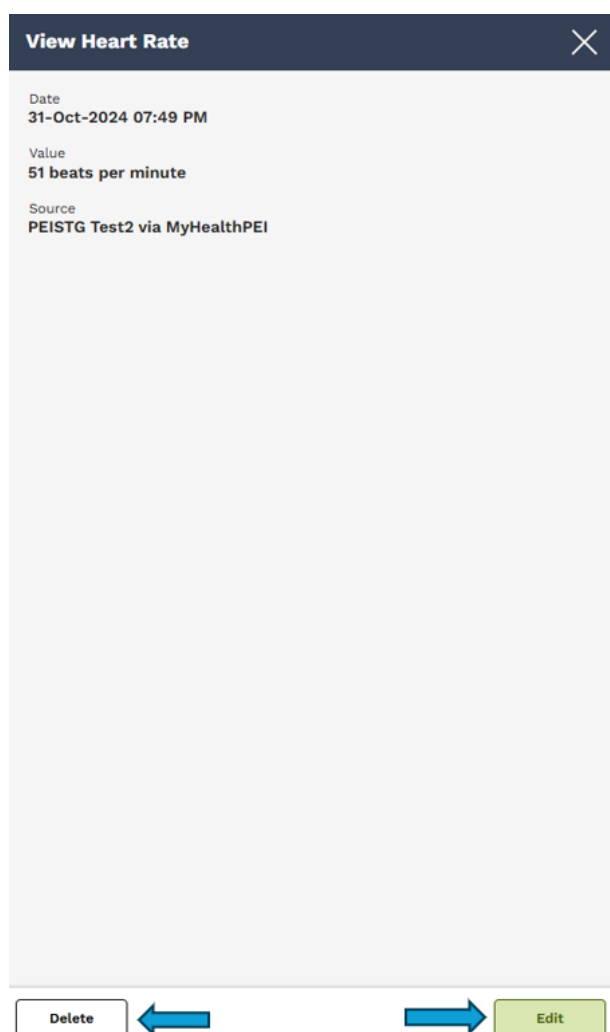
33

Date Range



A dropdown menu titled "Date Range" with a downward arrow icon. The menu is open, showing a list of options: "All", "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** popup window.



A "View Heart Rate" popup window with a dark header bar containing a close button (X). The main content area is light gray and displays the following information:

- 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: "Delete" (white with a blue arrow pointing left) and "Edit" (green with a blue arrow pointing 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?

Cancel

Delete

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](#) 

3.2.5 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.

Add Temperature

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

AMPM

*Title

Temperature

*Value

36.7

Celsius

Cancel

Save

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

Date Range

All

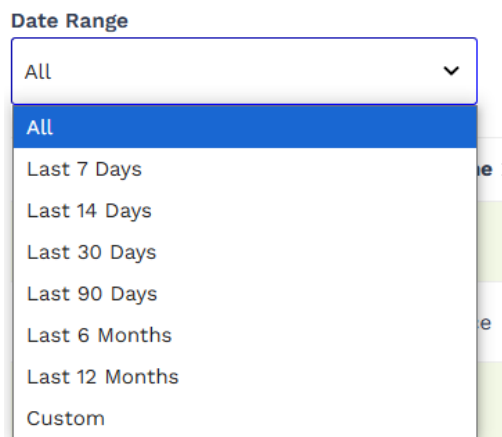
Date	Title	Value	Source
16-Oct-2024 11:12 AM	Temperature	37°C	PEISTG Test2 via MyHealthPEI
11-Oct-2024 02:24 PM	Temperature	39.7°C	Withings
10-Oct-2024 11:22 AM	Temperature	45°C	PEISTG Test2 via MyHealthPEI
10-Oct-2024 11:21 AM	Temperature	37.2°C	PEISTG Test2 via MyHealthPEI
10-Oct-2024 11:21 AM	Temperature	36°C	PEISTG Test2 via MyHealthPEI
08-Oct-2024 09:15 AM	Temperature	37.2°C	Withings
08-Oct-2024 09:00 AM	Temperature	38.5°C	Withings

1 - 7 of 7

Page 1 of 1

36

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.



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** popup window.

View Temperature

×

Date

16-Oct-2024 11:12 AM

Title

Temperature

Value

37°C

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

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](#) 

3.3 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)
- Insulin

Activity	Insulin

3.3.1 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

Cancel

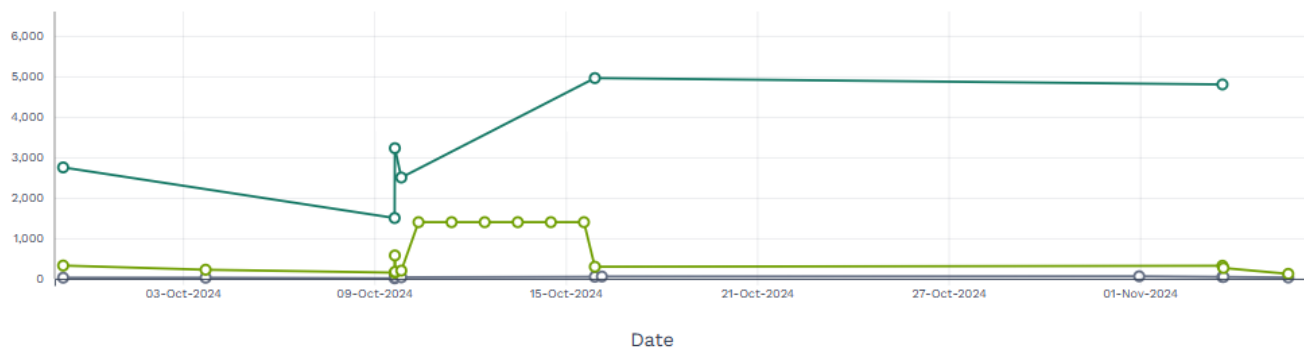
➡

Save

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 90 Days



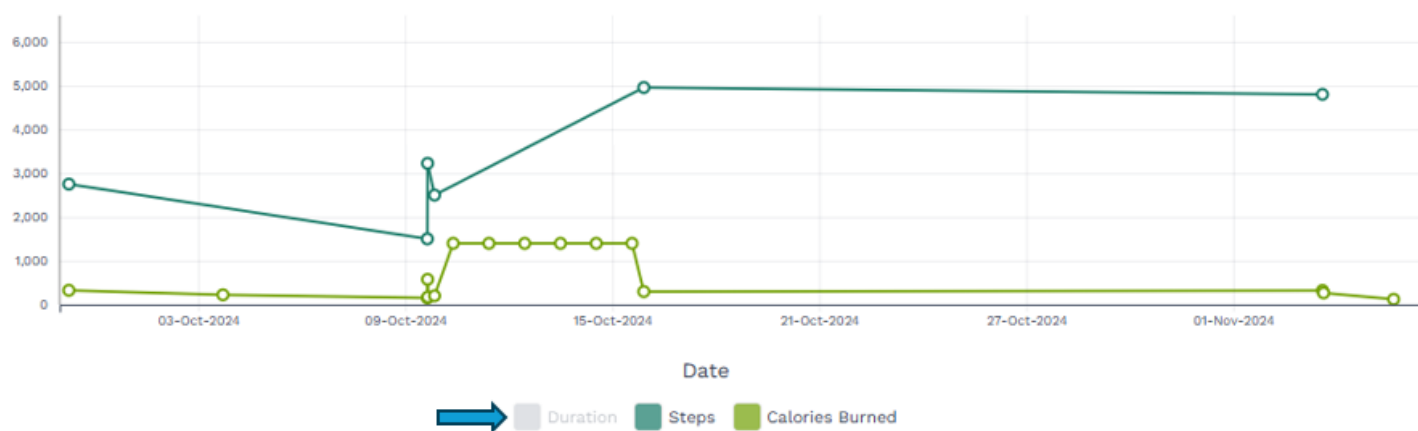
Duration Steps Calories Burned

Date	Activity	Duration	Steps	Calories Burned	Distance	Source	Comments
06-Nov-2024 06:00 AM	Yoga	00:30:00		120 kcal		PEISTG Test2 via MyHealthPEI	Add or View Comments
04-Nov-2024 07:00 AM	Strength Training	00:45:00		265 kcal		PEISTG Test2 via MyHealthPEI	Add or View Comments
04-Nov-2024 06:15 AM	Cardio	00:45:00	4800	320 kcal	5 km	PEISTG Test2 via MyHealthPEI	Add or View Comments
01-Nov-2024 06:51 PM	Walking	01:00:00				PEISTG Test2 via MyHealthPEI	Add or View Comments
16-Oct-2024 01:00 PM	Rowing	00:55:00				PEISTG Test2 via MyHealthPEI	Add or View Comments

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.



Duration Steps Calories Burned



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 Activity** popup 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 choose to add or view comments on your activity 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**.

Date ▾	Activity ▾	Duration ▾	Steps ▾	Calories Burned ▾	Distance ▾	Source ▾	Comments
06-Nov-2024 06:00 AM	Yoga	00:30:00		120 kcal		PEISTG Test2 via MyHealthPEI	<div>Add or View Comments ></div>

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.

Comments

×

There are no comments available for this item.

Type your comments here

→

Add

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.

Comments

×

PEISTG Test2

06-Dec-2024 09:27 AM

Test

Source PEISTG Test2 via MyHealthPEI

🗑 Delete






Are you sure you want to delete this item?

Cancel

Delete

Helpful links are included in the Related Information box at the bottom of the **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](#) 

3.3.2 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

3.3.2.1 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

×

* Indicates a required field

*Date

2025-03-20

✕

📅

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.

46

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 7 Days

Date	Inhaler Name	Dose Count	Reason Needed?	Comments
20-Mar-2025 08:27 AM	Symbicort	2	Control	<div>Add or View Comments</div>

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** popup 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

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 choose to add or view comments on your inhaler use 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.


Date ▾	Inhaler Name ▾	Dose Count ▾	Reason Needed? ▾	Comments
20-Mar-2025 08:27 AM	Symbicort	2	Control	<div>  <div>Add or View Comments</div> <div>></div> </div>

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.


Comments


There are no comments available for this item.


Type your comments here


Add

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.

Comments


PEISTG Test2


Delete

06-Dec-2024 09:27 AM

Test

Source PEISTG Test2 via MyHealthPEI

Are you sure you want to delete this item?

Cancel

Delete

3.3.2.2 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.



Add My Inhaler Information

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

You can also choose to add or view comments on your inhaler information 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.


Date 1st Started	Inhaler Name	Reason Needed?	Comments
10-Mar-2025 10:00 AM	Symbicort	Control	 Add or View Comments

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.

Comments

There are no comments available for this item.

Type your comments here



Add

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.


Comments

PEISTG Test2

06-Dec-2024 09:27 AM

Test

Source PEISTG Test2 via MyHealthPEI

 Delete







Are you sure you want to delete this item?

Cancel

Delete

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

Related Information:

- [Asthma Education Centre | PEI](#) 
- [Using Inhalers | Canadian Lung Association](#) 
- [Asthma Treatment | Asthma Canada](#) 
- [Lung Health | Canadian Asthma Association](#) 
- [Asthma and Kids | Caring for Kids](#) 
- [Asthma and Inhalers | About Kids Health](#) 

3.3.3 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

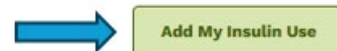
3.3.3.1 My Insulin Use

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

Cancel

→

Save

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 90 Days

☐ Group readings by time of day



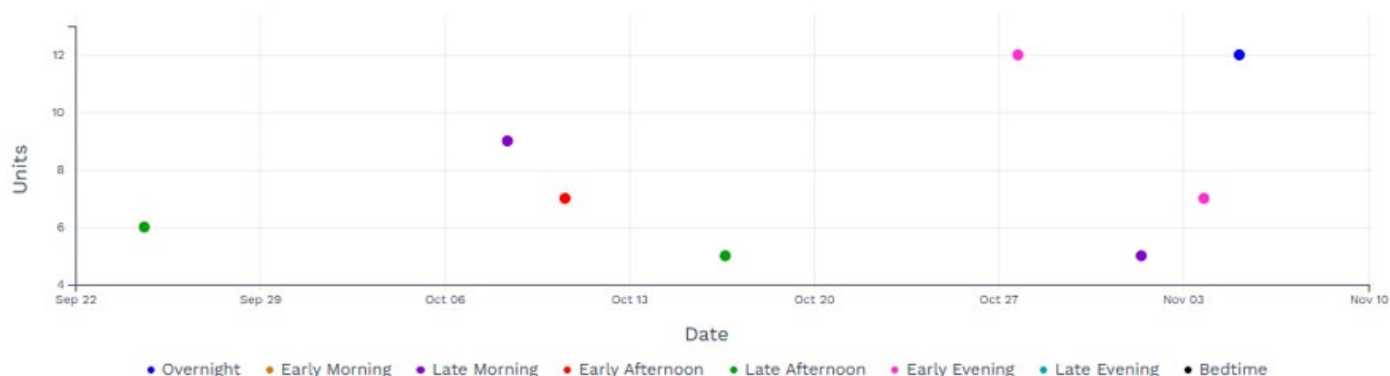
Date	Insulin Type	Amount Injected
05-Nov-2024 02:22 AM	Yellow	12 units
03-Nov-2024 06:09 PM	NPH-Insulin	7 units
01-Nov-2024 10:10 AM	Purple	5 units
27-Oct-2024 05:55 PM	Yellow	12 units
16-Oct-2024 03:33 PM	Purple	5 units

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** popup window.

View My Insulin Use

×

Use the buttons below to edit or delete this information.

Date

05-Nov-2024 02:22 AM

Insulin Type

Yellow

Amount Injected

12 units

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

3.3.3.2 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!



Add My Insulin Information

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

Analog

*Ordered Dose

4

units

Cancel

Save

You can also choose to add or view comments on your insulin information 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.

Insulin Type	Ordered Dose	Source	Comments
Green	2 units	PEISTG Test2 via MyHealthPEI	<div><div>Add or View Comments</div></div>

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.

Comments

×

There are no comments available for this item.

Type your comments here

➔

Add

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.

Comments

×

PEISTG Test2

06-Dec-2024 09:27 AM

Test

Source PEISTG Test2 via MyHealthPEI

🗑️ Delete






Are you sure you want to delete this item?

Cancel

Delete

Helpful links are included in the Related Information box at the bottom of the **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](#) 