MyHealthPEI Resource Guide: Healthy Living

_____

CONTENTS

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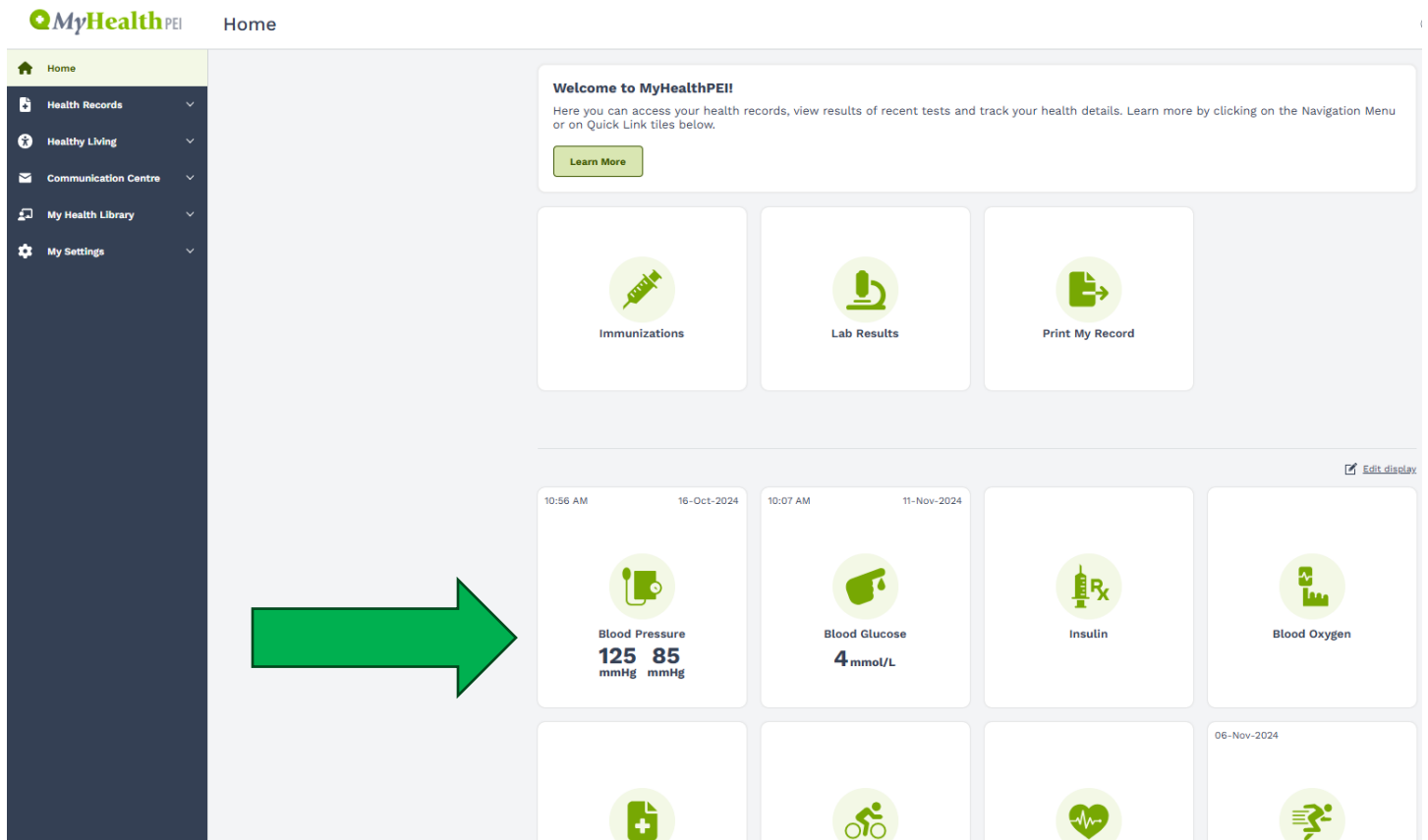
Or you can open the **Healthy Living** dropdown on the left-hand navigation bar and select from the below list:

Menu Options	Sub-Options
Body Measurements	- Height, Weight & BMI - Body Measurements
Vital Signs & Reading	Blood Glucose

![MyHealth PEI logo]

|	
	• Blood Oxygen (O2) Saturation
	• Blood Pressure
	• Heart Rate
	• Temperature
Personal Logs	• Activity
	• 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

Height, Weight & BMI	Body Measurements
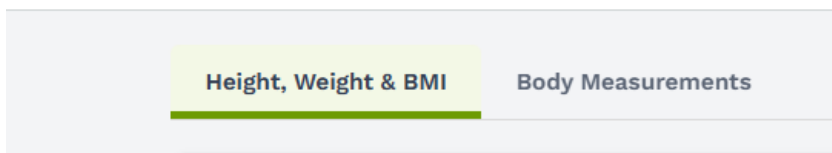
3.1.1 HEIGHT, WEIGHT & BMI

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.

MyHealth PEI

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.

MyHealth PEI

Add Height, Weight & BMI

*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.
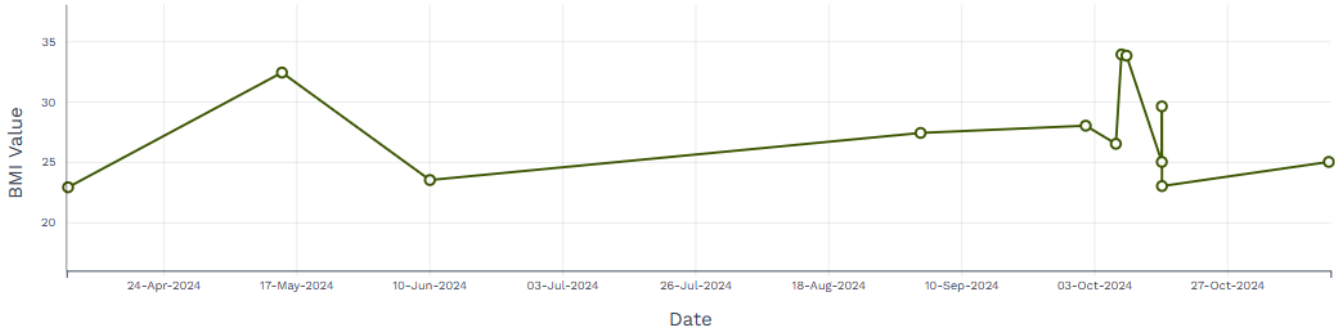
MyHealth PEI

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:

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.

![MyHealth PEI logo]

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.
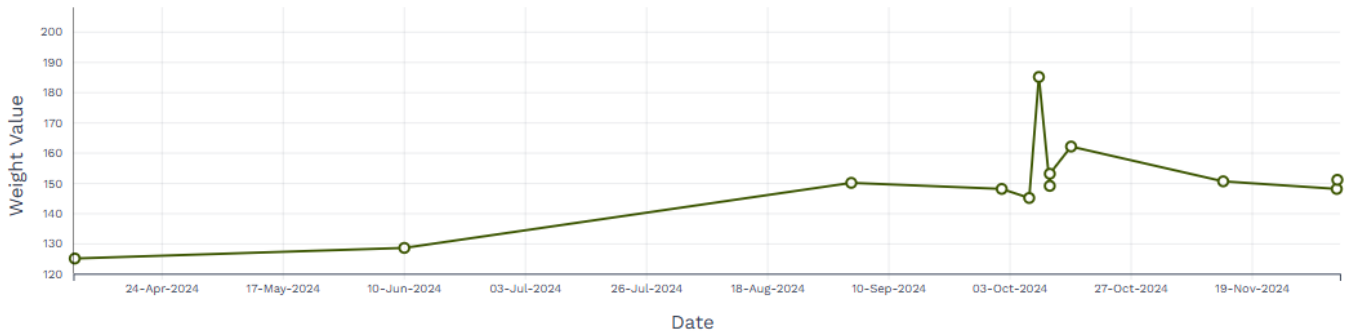
Weight

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	Add or View Comments	>
05-Dec-2024 09:19 AM	148 lbs 0.000 oz	Garmin	Add or View Comments	>
13-Nov-2024 04:30 PM	150 lbs 8.000 oz	PEISTG Test2 via MyHealthPEI	Add or View Comments	>

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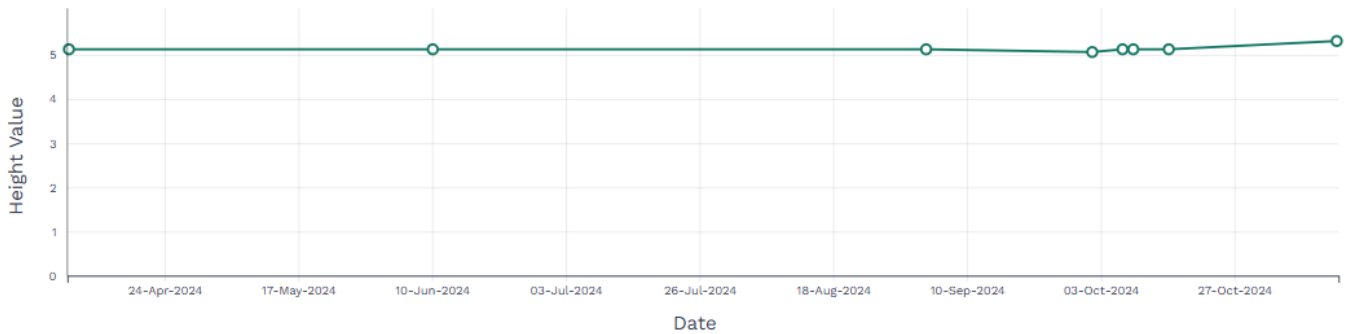
For weight, you can specify a certain date range to view and you can choose to have your graph and entry list show in one of 3 different units:

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

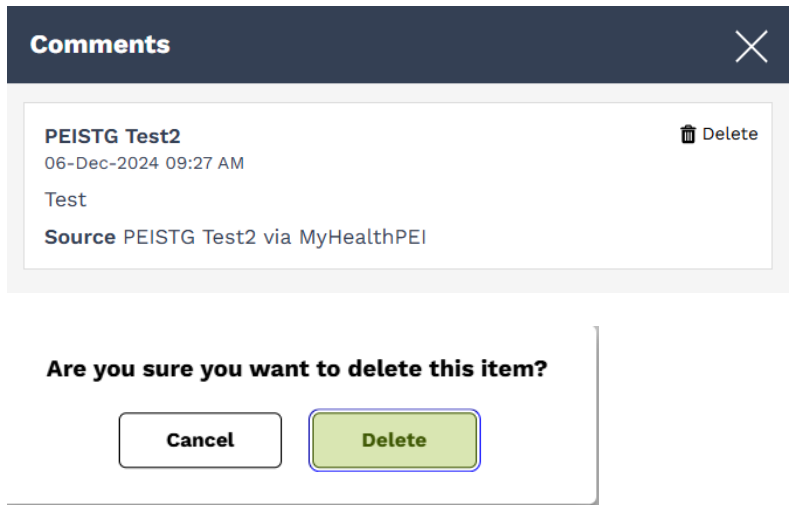| ft and in |
| --- |
| m |
| cm |
| **ft and in** |
| in |

You can also choose to add or view comments on your weight entries. 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	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.
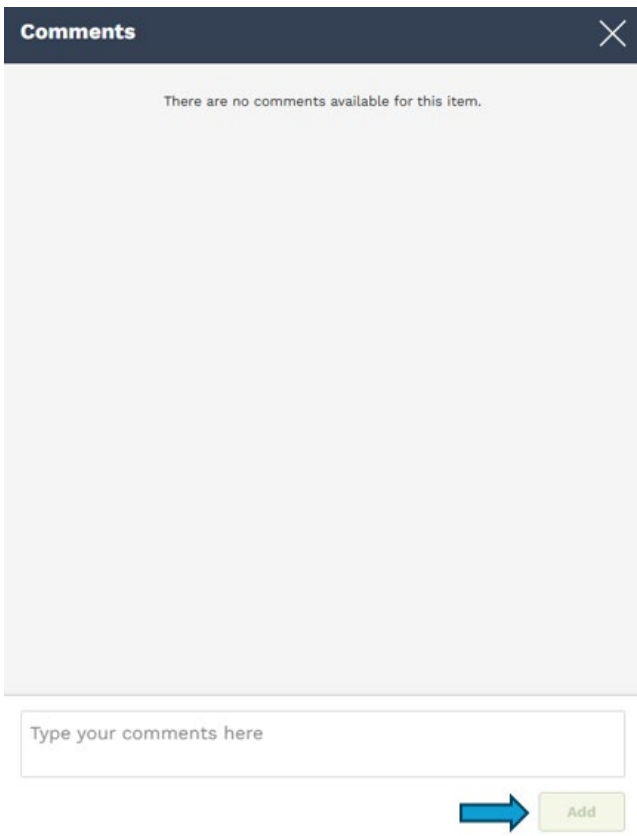

If you would like to delete a comment, click on the **Add or View Comment** button on the line you would like to adjust, locate the comment you wish to delete, and click on the **garbage can (Delete)** button and select **Delete** again on the box that pops up.

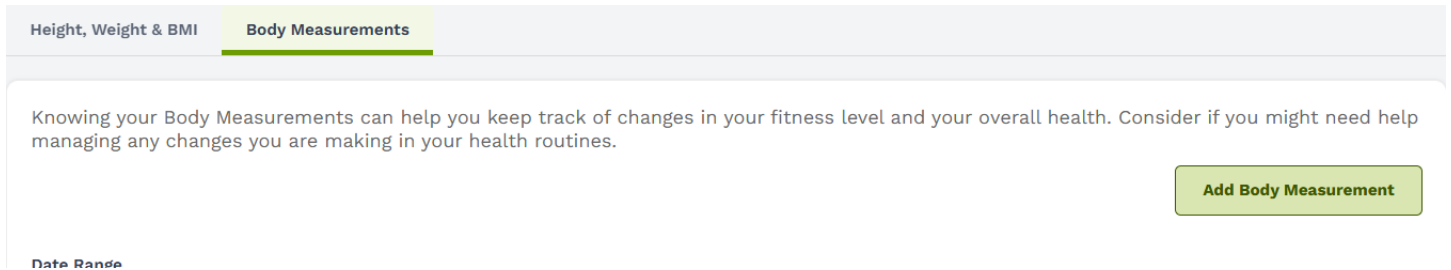Helpful links are included in the Related Information box at the bottom of the Height, Weight & BMI tab.

![MyHealth PEI logo]

3.1.2 BODY MEASUREMENTS

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

Height, Weight & BMI	**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.

Height, Weight & BMI	**Body Measurements**

Knowing your Body Measurements can help you keep track of changes in your fitness level and your overall health. Consider if you might need help managing any changes you are making in your health routines.

Add Body Measurement

Date 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.

![MyHealth PEI logo]

![MyHealth PEI logo]

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

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.

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	Add or View Comments	›
06-Nov-2024	Head circumference	55 cm	PEISTG Test2 via MyHealthPEI	Add or View Comments	›
06-Nov-2024	Left wrist size	23 cm	PEISTG Test2 via MyHealthPEI	Add or View Comments	›
06-Nov-2024	Neck size	33 cm	PEISTG Test2 via MyHealthPEI	Add or View Comments	›
30-Oct-2024	Neck size	36 cm	PEISTG Test2 via MyHealthPEI	Add or View Comments	›
18-Oct-2024	Neck size	38 cm	PEISTG Test2 via MyHealthPEI	Add or View Comments	›
15-Oct-2024	Left wrist size	23 cm	PEISTG Test2 via MyHealthPEI	Add or View Comments	›
08-Oct-2024	Neck size	38 cm	PEISTG Test2 via MyHealthPEI	Add or View Comments	›

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.

MyHealth PEI

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 Body Measurement popup window.
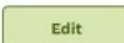

View Body Measurement ✕

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

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.

MyHealthPEI

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. 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	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 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.

![MyHealth PEI logo]

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

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.

MyHealth PEI

Unit

mmol/L ▾

Date Range

All ▾

☐ Group readings by time of day

Date ⇅	Blood Glucose ⇅	When Taken ⇅	Source ⇅	
11-Nov-2024 10:07 AM	4.000 mmol/L	After breakfast	PEISTG Test2 via MyHealthPEI	›
15-Oct-2024 04:43 PM	9.000 mmol/L	Before dinner	PEISTG Test2 via MyHealthPEI	›
09-Oct-2024 10:30 AM	15.000 mmol/L		PEISTG Test2 via MyHealthPEI	›
09-Oct-2024 10:20 AM	14.000 mmol/L	After breakfast	PEISTG Test2 via MyHealthPEI	›
30-Sep-2024 08:00 AM	5.217 mmol/L	Before breakfast	PEISTG Test2 via MyHealthPEI	›
15-Jul-2024 10:20 AM	10.000 mmol/L	After breakfast	PEISTG Test2 via MyHealthPEI	›

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 |

20

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.

MyHealth PEI

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.

![MyHealth PEI logo]

Click on each entry to see details.

Add Blood Oxygen (O2) Saturation

Date Range

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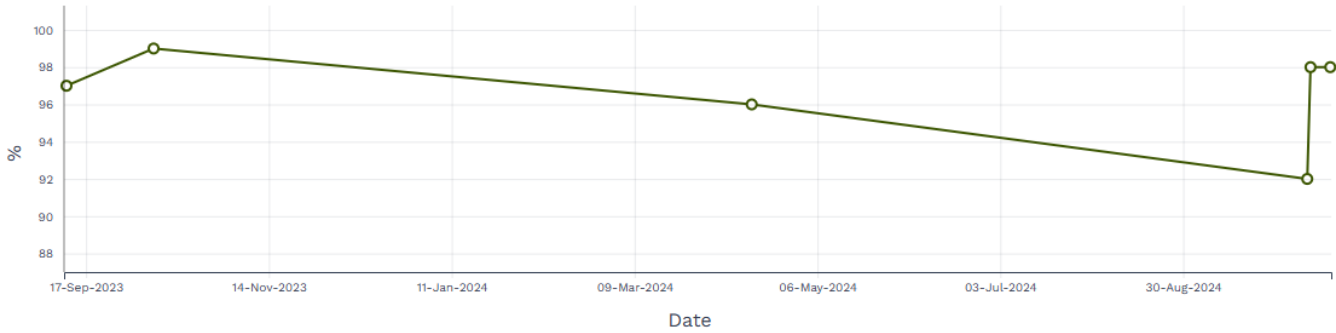
Date ⇕	Value ⇕	Source ⇕	Comments	
15-Oct-2024 05:02 PM	98 %	PEISTG Test2 via MyHealthPEI	Add or View Comments	>
09-Oct-2024 10:58 AM	98 %	PEISTG Test2 via MyHealthPEI	Add or View Comments	>
08-Oct-2024 10:15 AM	92 %	PEISTG Test2 via MyHealthPEI	Add or View Comments	>
15-Apr-2024 03:00 PM	96 %	PEISTG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

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. To add a comment, click **Add or View Comment**.

Date ⬍	Value ⬍	Source ⬍	Comments	
15-Oct-2024 05:02 PM	98 %	PEISTG Test2 via MyHealthPEI	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.

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 Blood Oxygen (O2) Saturation tab.

MyHealth PEI

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.

MyHealth PEI

Date Range

All ⌄

mmHg

Date

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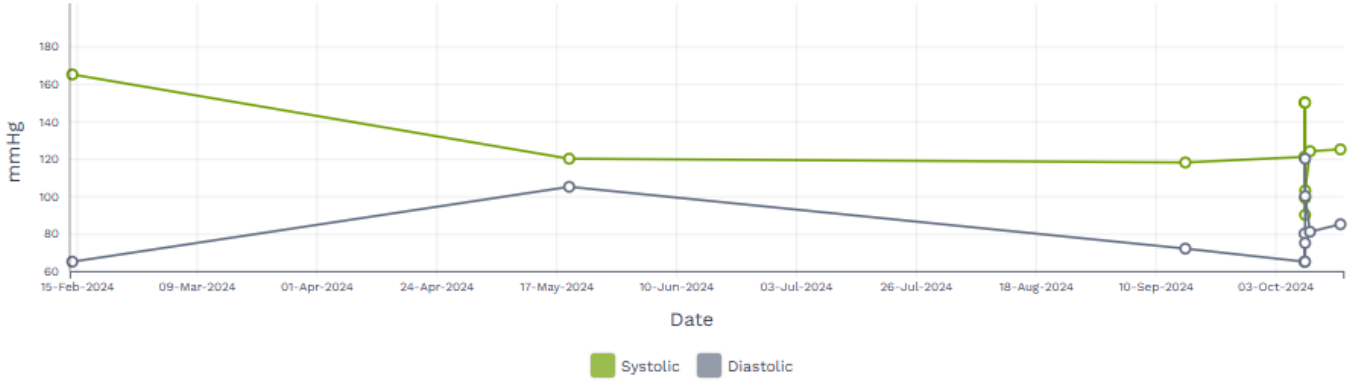
Date ⇕	Blood Pressure ⇕	Heart Rate ⇕	Source ⇕	Comments	
16-Oct-2024 10:56 AM	125/85 mmHg	78 bpm	PEISTG Test2 via MyHealthPEI	Add or View Comments	>
10-Oct-2024 02:00 PM	124/81 mmHg	87 bpm	Withings	Add or View Comments	>
09-Oct-2024 03:43 PM	103/100 mmHg		PEISTG Test2 via MyHealthPEI	Add or View Comments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

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 <u>not</u> want to view by clicking on the box just below the graph.
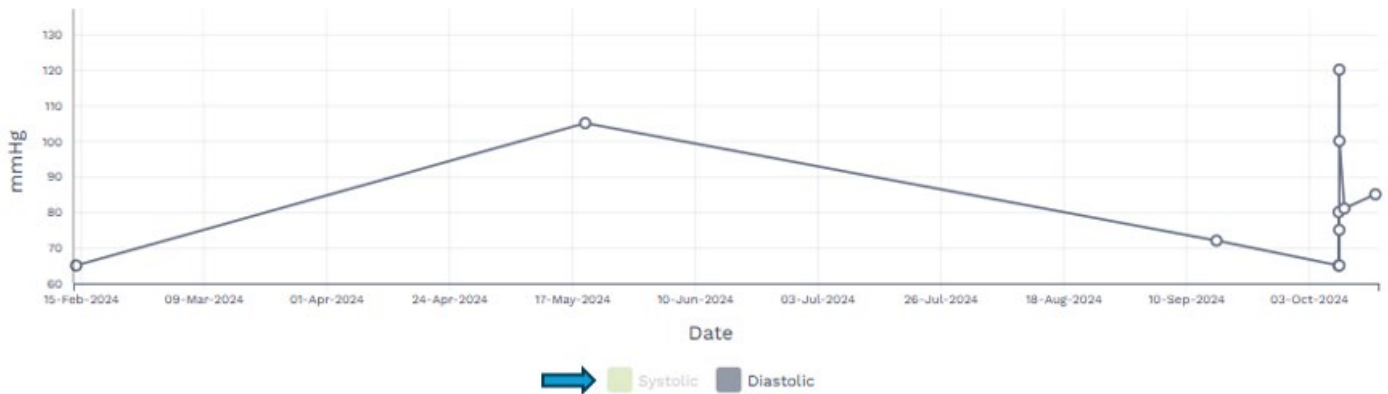
mmHg

Date

■ Systolic ▢ Diastolic ⬅

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 Pressure 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 blood pressure entries. 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	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, click 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 Blood Pressure tab.

![MyHealth PEI logo]

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.

![MyHealth PEI logo]

![MyHealth PEI]

Add Heart Rate ✕

* Indicates a required field

*Date

06-12-2024   ✕ 📅 | 10 | : | 51 | ⦿ AM ◯ PM

*Value

| | beats per minute

[Cancel]   ➡ [Save]

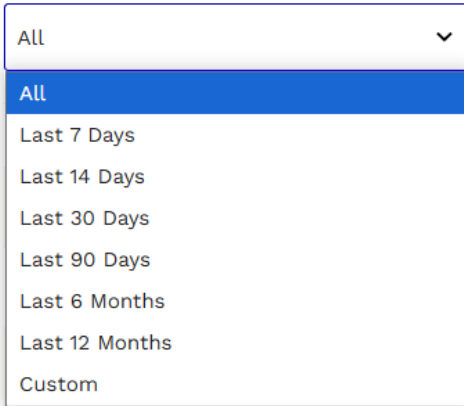One you click **Save**, you will see your data populate in the Heart Rate tab.

Date Range

| Last 12 Months ▼ |

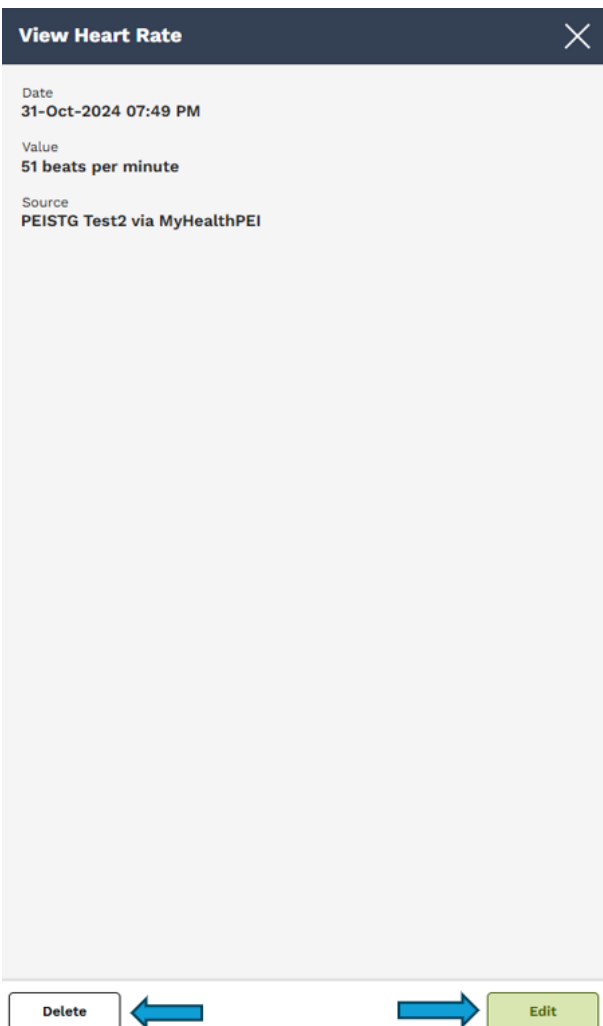| Date ⇕	Value ⇕	Source ⇕	
01-Nov-2024 07:49 PM	50 beats per minute	PEISTG Test2 via MyHealthPEI	›
31-Oct-2024 07:49 PM	51 beats per minute	PEISTG Test2 via MyHealthPEI	›
16-Oct-2024 11:10 AM	76 beats per minute	PEISTG Test2 via MyHealthPEI	›
10-Oct-2024 02:34 PM	100 beats per minute	PEISTG Test2 via 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

![MyHealth PEI logo]

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

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 Heart Rate popup window.

View Heart Rate ✕

Date
31-Oct-2024 07:49 PM

Value
51 beats per minute

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 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.

MyHealth PEI

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.

MyHealth PEI

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

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 popup window.

![MyHealth PEI logo]

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.

MyHealth PEI
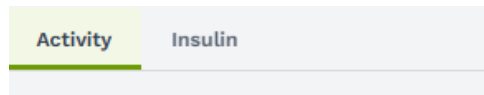
3.3 PERSONAL LOGS

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.

MyHealth PEI

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 ⌄

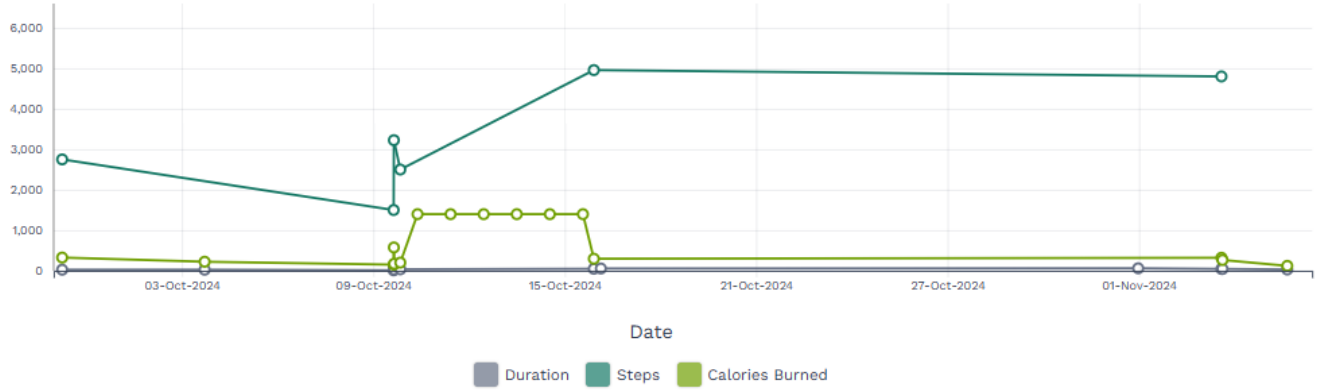**Steps**

|

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

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.

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 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. 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	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.

![MyHealth PEI logo]

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

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

MyHealth PEI

3.3.2 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

3.3.2.1 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.

Add My Insulin Use

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.

MyHealth PEI

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

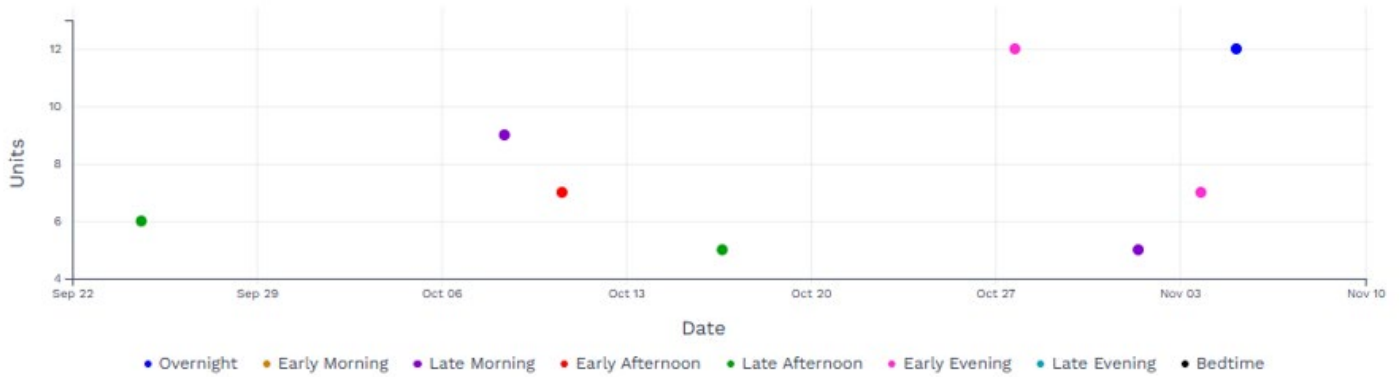As you enter your information, you will see a graph fill out, and a list of each entry will populate below it.

![MyHealth PEI logo]

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 ◄

• Overnight • Early Morning • Late Morning • Early Afternoon • Late Afternoon • Early Evening • Late Evening • Bedtime

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

20

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.

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.

3.3.2.2 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. To add a comment, click **Add or View Comment** on the entry you would like to comment on.
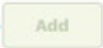
Insulin Type ⇅	Ordered Dose ⇅	Source ⇅	Comments	
Green	2 units	PEISTG Test2 via MyHealthPEI	Add or View Comments	⟩

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 🗑 Delete
06-Dec-2024 09:27 AM

Test

Source PEISTG Test2 via MyHealthPEI

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.

MyHealth PEI

MyHealth PEI