MyHealthPEI Resource Guide: My Settings
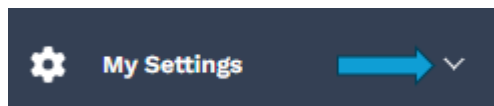
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5 MY SETTINGS

On the left-hand side of your MyHealthPEI **Home** dashboard, you will see an option for **My Settings**. Beside the **My Settings**, you will see an arrow pointing down. Please click on this arrow to see what options are available to you for review.

Once expanded, you will see options to access the below:

- **My Profile**
- **My Preferences**
- **My Notifications**
- **My Connected Devices**
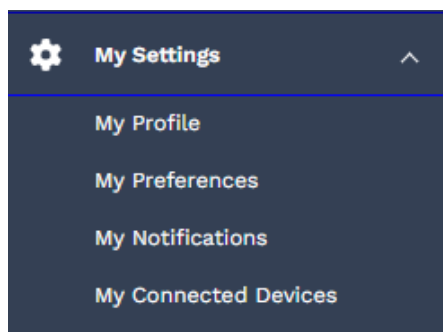
5.1 MY PROFILE

The **My Profile** tool allows you to see information about your profile, including full name and date of birth. If this information is incorrect, please contact the PEI Medicare Office by calling (toll-free) 1-800-321-5492.

5.1.1 RECORD HISTORY

Within the **My Profile** tool you will find a section that allows you to view your **Record History.** This includes any updates made to your information (ie. addition of new self-entry data, comments, immunizations) along with a record of those few authorized individuals who have viewed your test results or reports (please see the Security and Privacy FAQs for more details). To view this information, click on the **Record History** button

This will bring you to a new page where you will find the various options available to you. To review any changes that were made, please see the options underneath the **Changes Based on When They Were Made** header.

If you would like to see details on those few authorized individuals who may have viewed your test results or reports, please select **Views of Your Record in the Last 30 Days** under the **Other Activity** header.

![MyHealth PEI logo]

Trash
See All Deleted Items

Changes Based on When They Were Made
All Changes in the Last 30 Days
All Changes in the Last 6 Months

A Different Time Period | In the last week ▼ | Go

Changes Made By a Specific Person or Account
PEISTG Test2

Changes Made Using a Specific App
PEI PHR
System and Profile Repository

Other Activity
Views of PEISTG Test2's Record in the Last 30 Days
Access-Related Changes To PEISTG Test2's Record

Review Changes Made To Record

⑦ Need Help?   Sign Out ⊟
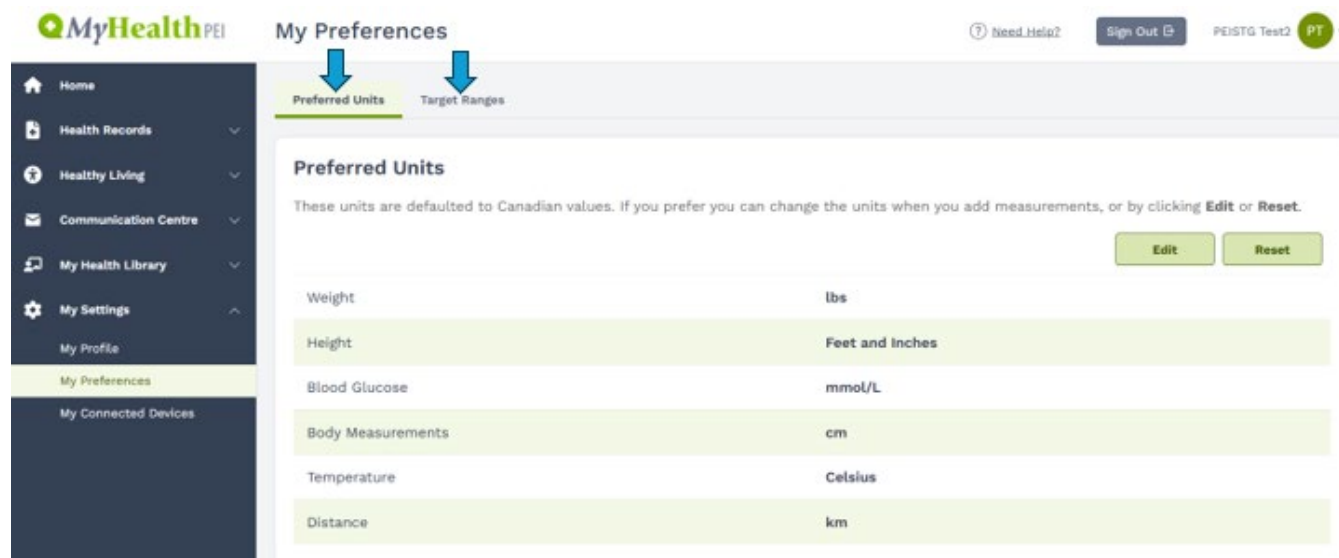
Record History

Date	Action	Type	Changed By	Summary	Actions
Dec 3, 2024 11:01:03 AM	Update	Lab Results	System and Profile Repository with authorization from RACHEL ZZTEST ⑦	Glucose Fasting	View Item View Logs
Nov 29, 2024 1:22:42 PM	Update	Lab Results	System and Profile Repository with authorization from RACHEL ZZTEST ⑦	Glucose Fasting	View Item View Logs
Nov 29, 2024 1:22:42 PM	Create	Lab Results	System and Profile Repository with authorization from RACHEL ZZTEST ⑦	Glucose Fasting	View Item View Logs
Nov 29, 2024 1:22:42 PM	Create	Lab Results	System and Profile Repository with authorization from RACHEL ZZTEST ⑦	Glucose Fasting	View Item View Logs

Other activities for the last 30 days Record

Date	Action	Accessed or Authorized By
Dec 4, 2024 11:27:36 AM	System and Profile Repository viewed this record	RACHEL ZZTEST using System and Profile Repository
Dec 4, 2024 11:20:19 AM	PEI PHR viewed this record	RACHEL ZZTEST using PEI PHR
Dec 4, 2024 11:19:10 AM	System and Profile Repository viewed this record	System and Profile Repository with authorization from RACHEL ZZTEST ⑦
Dec 4, 2024 11:06:35 AM	PEI PHR viewed this record	RACHEL ZZTEST using PEI PHR
Dec 4, 2024 9:43:28 AM	PEI PHR viewed this record	RACHEL ZZTEST using PEI PHR
Dec 4, 2024 9:30:35 AM	PEI PHR viewed this record	RACHEL ZZTEST using PEI PHR
Dec 4, 2024 9:13:53 AM	System and Profile Repository viewed this record	RACHEL ZZTEST using System and Profile Repository
Dec 3, 2024 11:01:30 AM	PEI PHR viewed this record	RACHEL ZZTEST using PEI PHR

Record History

5.2 MY PREFERENCES

The **My Preferences** tool allows you to edit and reset your **Preferred Units** or **Target Ranges**. You can find the **Preferred Units** and **Targets Ranges** tabs at the top of the **My Preferences** screen. Clicking on these tabs will allow you to move back and forth between these views.

5.2.1 PREFERRED UNITS

Preferred Units allows you to customize the units of measurement displayed in the self-entry health information tools. Clicking the **Edit** button opens the **Preferred Units** summary table and allows you to adjust the units within the table using the dropdown lists.

Preferred Units

These units are defaulted to Canadian values. If you prefer you can change the units when you add measurements, or by clicking **Edit** or **Reset**.

Edit	Reset

Preferred Units   Target Ranges

Preferred Units

These units are defaulted to Canadian values. If you prefer you can change the units when you add measurements, or by clicking **Edit** or **Reset**.

Cancel	Save

Weight	lbs
Height	Feet and Inches
Blood Glucose	mmol/L
Body Measurements	cm
Temperature	Celsius
Distance	km

For example, if you like to look at your weight in kilograms (kg) instead of pounds (lbs) or your height in metres instead of feet and inches, those changes can be made in this section, which adjust your preferred units throughout your MyHealthPEI profile.

You can customize following unit options:

- Weight – kg (kilograms), lbs (pounds), or lbs and oz (pounds and ounces)
- Height – meters, centimeters, feet and inches, or inches
- Blood Glucose – mmol/L (millimoles per liter) or mg/dL (milligrams per decilitre)
- Body Measurements – centimeters or inches
- Temperature – Celsius or Fahrenheit
- Distance – km (kilometers) or mi (miles)

Clicking the **Reset** button will open a warning message to confirm the action. Click **Ok** to confirm and restore the preferred units to the default settings.

Preferred Units

These units are defaulted to Canadian values. If you prefer you can change the units when you add measurements, or by clicking **Edit** or **Reset**.

[Edit]   [Reset]

By changing your preferred units, you will lose any personal customizations that you or your provider may have entered.

[Cancel]   [OK]

5.2.2 TARGET RANGES

Target Ranges allows you to set the targets for your self-entry health information (for example, blood glucose and insulin), which will adjust your ranges throughout your MyHealthPEI profile. Please note that this will not adjust your lab results as the ranges for these tests are set by the lab team.

Please consult with your care provider when setting individual target ranges to make sure you are using numbers that are right for you!

Preferred Units   **Target Ranges**

Target Ranges

Talk to your in-person or virtual Healthcare provider about what your personal target ranges should be depending on your health history.

[Edit]   [Reset]

	Low	High
Systolic		
Diastolic		
Heart Rate		

	Low	High
Blood Glucose (Sugar) (mmol/L)		
Fasting Glucose (mmol/L)		

	Low	High
Weight (lbs)		
Blood Oxygen (02) Saturation (%)		--

Clicking the **Edit** button opens the **Target Ranges** summary table and allows you to adjust the values contained within the table.

Target Ranges

Talk to your in-person or virtual Healthcare provider about what your personal target ranges should be depending on your health history.

[Edit] [Reset]

Preferred Units	**Target Ranges**

Target Ranges

Talk to your in-person or virtual Healthcare provider about what your personal target ranges should be depending on your health history.

[Cancel] [Save]

	Low	High
Systolic		
Diastolic		
Heart Rate		

	Low	High
Blood Glucose (Sugar) (mmol/L)		
Fasting Glucose (mmol/L)		

	Low	High
Weight (lbs)		
Blood Oxygen (02) Saturation (%)		--

Once you have finished entering your target ranges, please click on the **Save** button to ensure your changes are saved and adjust throughout your MyHealthPEI profile.

Preferred Units	**Target Ranges**

Target Ranges

Talk to your in-person or virtual Healthcare provider about what your personal target ranges should be depending on your health history.

[Cancel] [Save]

Clicking the **Reset** button will open a warning message to confirm the action. Click **Ok** to confirm and restore to the default target range settings.

![MyHealth PEI logo]

Target Ranges

Talk to your in-person or virtual Healthcare provider about what your personal target ranges should be depending on your health history.

Edit   Reset

By changing your target range, you will lose any personal customizations that you or your provider may have entered

Cancel   OK

5.3 MY NOTIFICATIONS

There are a number of ways for you to view whether new immunizations or lab results have been added since your last login.

One of the ways to view if there is a new test result or immunization will be through accessing **My Notifications**, available under **My Settings** on the left-hand navigation menu within MyHealthPEI.

- Home
- Health Records ⌄
- Healthy Living ⌄
- Communication Centre ⌄
- My Health Library ⌄
- My Settings ⌃
  - My Profile
  - My Preferences
  - My Notifications ⬅
  - My Connected Devices
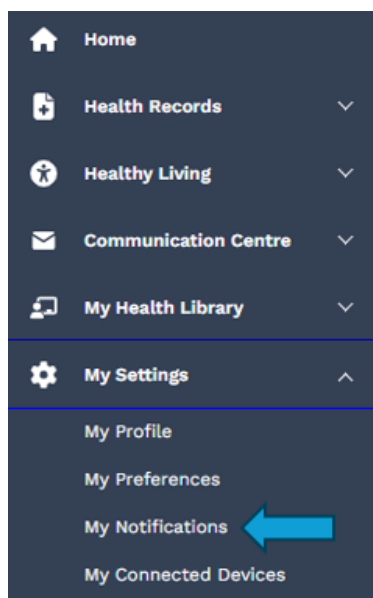
Clicking on **My Notifications** will bring you to a list of all available notifications. Any new information will appear in bold print with an orange dot on the left-hand side of the text.

![MyHealth PEI logo]

These Notifications alert you to new information coming into your personal MyHealthPEI record from the PEI Health Record.

Click on each entry to go directly to the new information.

<u>Clear All</u>

● 17-Mar-2025 09:20 AM **You have new information in Lab Results.**	✕
● 17-Mar-2025 09:20 AM **You have new information in Lab Results.**	✕
● 17-Mar-2025 09:20 AM **You have new information in Lab Results.**	✕
17-Mar-2025 09:20 AM You have new information in Lab Results.	✕
07-Mar-2025 01:21 PM You have new information in Lab Results.	✕
07-Mar-2025 01:21 PM You have new information in Lab Results.	✕
07-Mar-2025 01:21 PM You have new information in Lab Results.	✕
07-Mar-2025 01:21 PM You have new information in Lab Results.	✕
07-Mar-2025 01:21 PM You have new information in Lab Results.	✕
05-Mar-2025 05:56 PM You have new information in Lab Results.	✕

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When you click on one of the notifications within this list, a pop up will appear on the right-hand side of your screen with further information. On the bottom right-hand corner of this popup window, you will see a button called **View More Information**. When you click on this button, you will be taken to either the **Lab Results** or **Immunizations** pages within MyHealthPEI where you can view the full lab result or immunization details.

![MyHealth PEI logo]

Should you have new information to view in **My Notifications**, you will also see an orange dot appear on your profile name on the right-hand corner of the top navigation bar. Clicking on your profile name and selecting **My Notifications** will bring you directly to the list of available and new notifications.
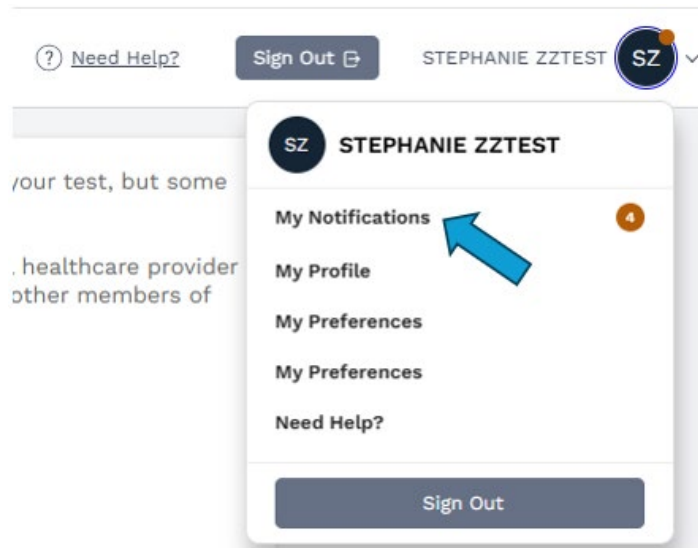
Another way to view if new information is available is to look at the **Immunizations** and **Lab Results** tiles on the **Home** dashboard screen. If there is a new result available, you will see a dot on the top left-hand corner of the tile, along with text reading "**New Lab Test Result(s)**" or **"New Immunization(s)"** on the bottom-centre of the tile. If there is no new information, you will not see a dot and the text "**No new data available**" will appear on the tile.
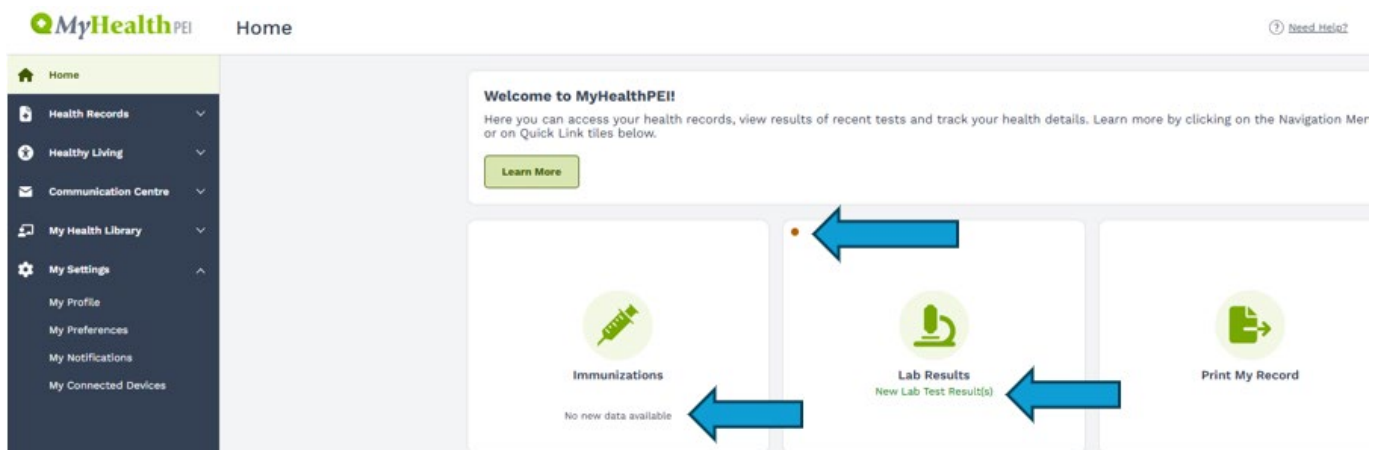
5.4 MY CONNECTED DEVICES

The **My Connected Devices** tool allows you to connect and sync health information from third party fitness and health devices. Initially, you will be able to connect your **Fitbit, Withings** or **Garmin** device to MyHealthPEI.

Note: We will expand the list of compatible devices in the near future to include **Apple Health** and **Omron**.
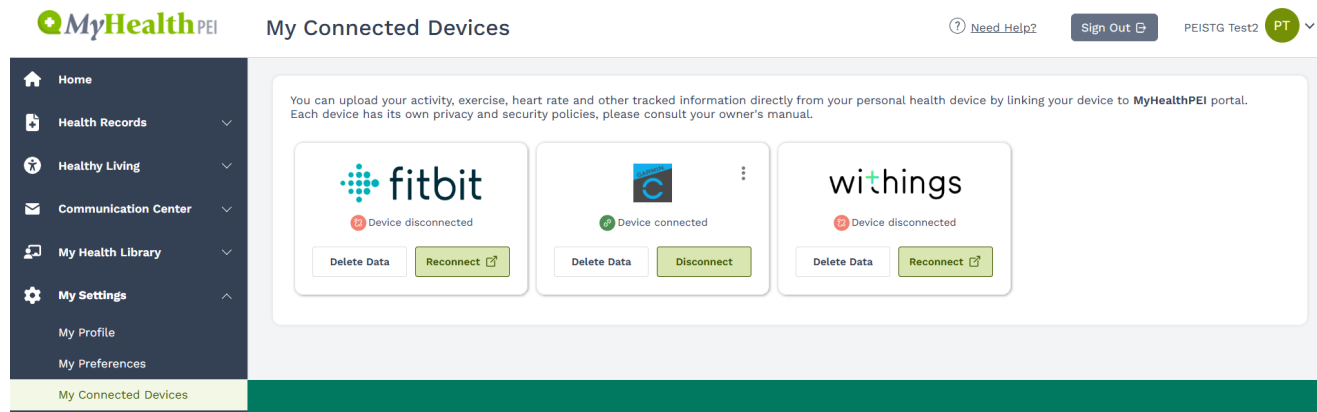
To connect and transfer readings from your device to MyHealthPEI:

1. Create an online account with the brand of your device (for example, Fitbit, Garmin, Withings)
2. Log in to MyHealthPEI
3. Go to **My Settings**
4. Click **My Connected Devices**
5. Click **Connect** for the brand of your device (for example, if you have a Fitbit device, click **Connect** under the Fitbit category)
6. Follow the prompts for your specific device, which are outlined below

5.4.1 CONNECTING TO AND DISCONNECTING FROM YOUR FITBIT DEVICE

To connect and transfer readings from your Fitbit device to MyHealthPEI:

1. Create an online Fitbit account
2. Log in to MyHealthPEI
3. Go to **My Settings**
4. Click **Connected Devices**
5. Click **Connect** where the Fitbit box appears
6. Sign into your Fitbit account
7. Give MyHealthPEI consent to get information from your Fitbit device. Click **Allow**
8. Confirm the "data types" that you want in MyHealthPEI. Click **Confirm**
9. This will take you back to the Connected Devices page in MyHealthPEI

To **sync data** from your Fitbit device to MyHealthPEI:

1. Log in to MyHealthPEI
2. Go to **My Settings**
3. Click **My Connected Devices**
4. Click the **3 vertical dots** in the top right corner of the Fitbit box to get to the more options menu
5. Click **Sync Now**

To **disconnect** your Fitbit device from MyHealthPEI:

1. Log in to your online Fitbit account
2. Click the **gear icon** to go to the **Settings** page
3. Click **Applications** from the menu on the left
4. Click **Revoke Access**
5. Click **Confirm**

If you have disconnected your Fitbit device and want to **reconnect** it:

1. Log in to MyHealthPEI
2. Go to **My Settings**
3. Click **Connected Devices**
4. Click the **3 vertical dots** in the top right corner of the Fitbit box to get to the more options menu
5. Click **Re-Authorize**
6. This will take you to log in to your online Fitbit account
7. Confirm the "data types" that you want to sync to MyHealthPEI. Click **Allow**
8. This will take you back to the Connected Devices page in MyHealthPEI

5.4.2 CONNECTING TO AND DISCONNECTING FROM YOUR GARMIN DEVICE

To **connect and transfer readings** from your Garmin device to MyHealthPEI:

1. Create an online Garmin account
2. Log in to MyHealthPEI
3. Go to **My Settings**
4. Click **My Connected Devices**
5. Click **Connect** where the Garmin box appears
6. Sign in to your Garmin account
7. Confirm the data types that you want in your MyHealthPEI account. Click **Save**
8. Give MyHealthPEI consent to access information from your Garmin device. Click **Agree**. You will return to the Connected Devices page in MyHealthPEI
9. You will now see that your Garmin device is connected

To **sync data** from your Garmin device to your MyHealthPEI account:

1. Log in to MyHealthPEI
2. Go to **My Settings**
3. Click **My Connected Devices**
4. Click the **More Options** menu (3 vertical dots) in the top right corner of the Garmin box
5. Click **Sync Now**

To **disconnect** your Garmin device from MyHealthPEI:

1. Log in to your online Garmin account
2. Go to Account Settings
3. Click **Account Information**

4. Scroll down to the Applications section of the page
5. Click the **Disconnect** button associated with MyHealthPEI
6. A window will appear that confirms your wish to disconnect your Garmin device from MyHealthPEI. Click **Disconnect** if you wish to continue with this action

To **re-authorize** MyHealthPEI to receive data from your Garmin device:

1. Log in to MyHealthPEI
2. Go to **My Settings**
3. Click **My Connected Devices**
4. Click the **3 vertical dots** in the top right corner of the Garmin box to get to the more options menu
5. Click **Re-Authorize**
6. You will be taken to the log in page of your online Garmin account. Log in to your Garmin account
7. Confirm the data types that you want to sync to your MyHealth Records account. Click **Confirm**

You will return to the Connected Devices page in MyHealthPEI.

5.4.3 CONNECTING TO AND DISCONNECTING FROM YOUR WITHINGS DEVICE

To **connect and transfer readings** from your Withings device to MyHealthPEI:

1. Create an online Withings account
2. Log in to your MyHealthPEI account
3. Go to **My Settings**
4. Click **Connected Devices**
5. Click **Connect** where you see the Withings box
6. Enter your email address and password
7. Click **Allow** this app to let MyHealthPEI get information from your Withings device
8. Confirm the information you want in MyHealthPEI. Click **Confirm**
9. This will take you back to the Connected Devices page in MyHealthPEI

To **sync data** from your Withings account to MyHealthPEI:

1. Log in to your MyHealthPEI account
2. Go to **My Settings**
3. Click **My Connected Devices**
4. Click the **3 vertical dots** in the top right corner of the Withings box to get to the more options menu
5. Click **Sync Now**

To **disconnect** your Withings device from MyHealthPEI:

1. Sign in to your Withings account
2. Go to your profile menu in the top right corner of the page (next to the purple icon)
3. Click **Settings**
4. Click the **profile menu icon**
5. Scroll down to Partners
6. Click **MANAGE MY PARTNERS**

7. Click **Disconnection**
8. Click the **Disconnect MyHealthPEI** button. You will get a message that tells you "The partner was disconnected"

If you have **disconnected** your Withings device and want to reauthorize MyHealthPEI to get information from your Withings device:

1. Log in to MyHealthPEI
2. Go to **My Settings**
3. Click **My Connected Devices**
4. Click the **3 vertical dots** in the top right corner of the Withings box to get to the more options menu
5. Click **Re-Authorize**
6. This will take you to log in to your online Withings account
7. Click **Allow** this app to let MyHealthPEI get information from your Withings device
8. Confirm the information you want in MyHealthPEI. Click **Confirm**
9. This will take you back to the **My Connected Devices** page in MyHealthPEI

To access further information and support with your device, please reach out to the support links listed below:

- Fitbit → https://myhelp.fitbit.com/s/support?language=en_US
- Garmin → https://support.garmin.com/en-CA/
- Nokia / Withings → https://www.nokia.com/support/