

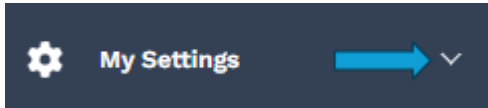
MyHealthPEI Resource Guide: My Settings

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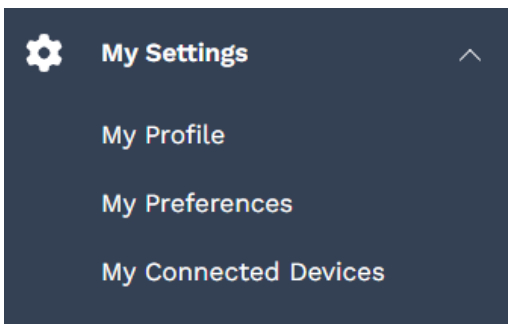
5 MY SETTINGS

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 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.

My HealthPEI My Profile Need Help? Sign Out PEISTG Test2 **PT**

If you need to change your personal information please contact PEI Medicare at 1-800-321-5492.

Name	PEISTG Test2
Date of Birth	01-Jan-1990

Record History View all updates made to your health record >

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 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

Record History ➤
View all updates made to your health record

This will bring you to a new page where you will find the various options available to you. To check 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.

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

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

[? Need Help?](#)

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	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	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	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	Glucose Fasting	View Item View Logs

Record History		
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
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

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.

My Preferences

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**.

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

[Edit](#) [Reset](#)

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 will flow throughout your MyHealthPEI and adjust the units accordingly.

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 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.

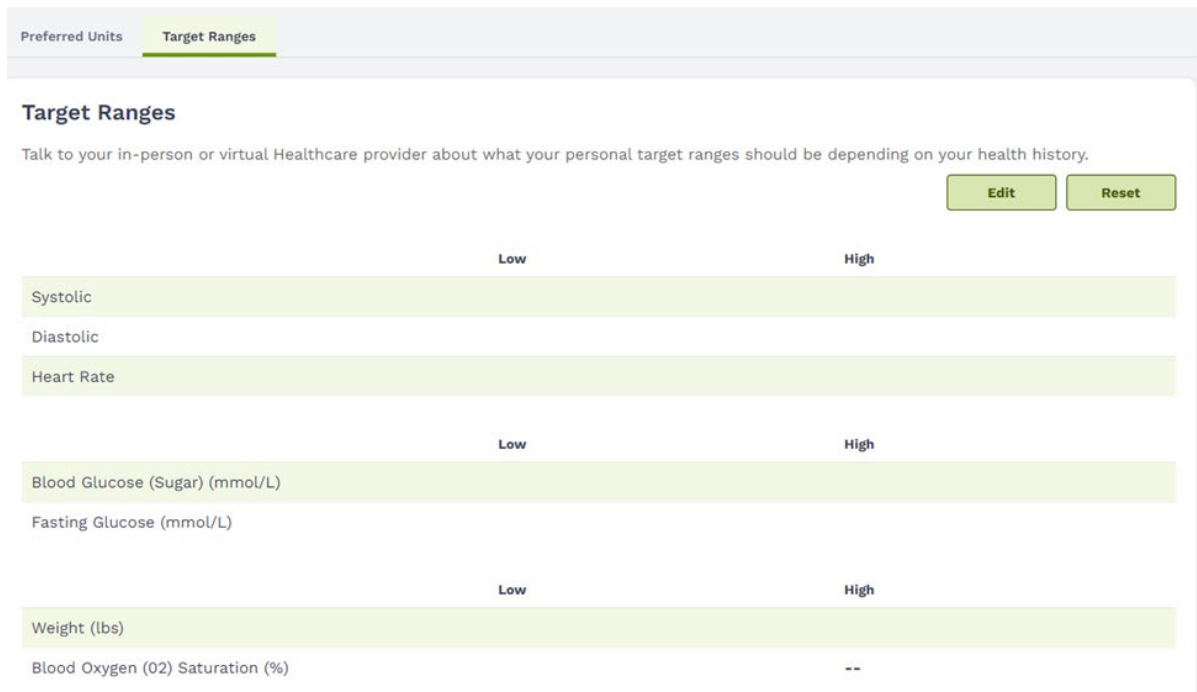
Cancel

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 MyHealthPEI. 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!



	Low	High
Systolic		
Diastolic		
Heart Rate		

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

	Low	High
Weight (lbs)		
Blood Oxygen (O2) 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.

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.

	Low	High
Systolic	<input type="text"/>	<input type="text"/>
Diastolic	<input type="text"/>	<input type="text"/>
Heart Rate	<input type="text"/>	<input type="text"/>
	Low	High
Blood Glucose (Sugar) (mmol/L)	<input type="text"/>	<input type="text"/>
Fasting Glucose (mmol/L)	<input type="text"/>	<input type="text"/>
	Low	High
Weight (lbs)	<input type="text"/>	<input type="text"/>
Blood Oxygen (O2) Saturation (%)	<input type="text"/>	--

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

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.

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

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 CONNECTED DEVICES

The **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**.

The screenshot shows the 'My Connected Devices' interface. At the top, there's a navigation bar with the MyHealthPEI logo, the page title 'My Connected Devices', and user information including 'PEISTG Test2' and 'PT'. Below the navigation bar is a sidebar with menu items: Home, Health Records, Healthy Living, Communication Center, My Health Library, My Settings, My Profile, and My Preferences. The main content area features a heading: 'You can upload your activity, exercise, heart rate and other tracked information directly from your personal health device by linking your device to MyHealthPEI portal. Each device has its own privacy and security policies, please consult your owner's manual.' Below this heading are three device cards. The first card is for 'fitbit' with a red 'Device disconnected' status and buttons for 'Delete Data' and 'Reconnect'. The second card is for 'Garmin' with a green 'Device connected' status and buttons for 'Delete Data' and 'Disconnect'. The third card is for 'withings' with a red 'Device disconnected' status and buttons for 'Delete Data' and 'Reconnect'.

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

5.3.1 CONNECTING TO AND DISCONNECTING FROM YOUR FITBIT DEVICE

To **connect and transfer readings** from your Fitbit device to your MyHealth Records account:

1. Create an online Fitbit account
2. Log in to your MyHealth Records account
3. Go to Tools and 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
10. Check your Activity Logs in Personal Logs to see the information added from your device (such as your daily steps in the Exercise Journal)

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**
6. Check your health journals in Activity Logs to see the information added from your device (such as your daily steps in the Exercise Journal)

To **disconnect** your Fitbit device from your MyHealth Records account:

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 your MyHealth Records account. Click **Allow**
8. This will take you back to the Connected Devices page in MyHealth Records

5.3.2 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 MyHealth Records 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. Check the applicable Activity logs in Personal Logs to see your uploaded results (for example, daily steps get uploaded to the Exercise Journal). Click confirm to continue
10. You will now see that your Garmin device is connected

To **sync data** from your Garmin device to your MyHealth Records 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**
6. Check the applicable health journals in Activity Logs to see your uploaded results (for example, daily steps get uploaded to the Exercise Journal)

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 MyHealth Records

5.3.3 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 MyHealth Records account
3. Go to Tools and 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 MyHealth records 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 MyHealth Records
10. To see information added from your device, check Results and Readings (for blood pressure measurements, for example) and Activity logs in Personal Logs.

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

1. Log in to your MyHealth Records 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**
6. To see information added from your device, check Results and Readings (for blood pressure measurements, for example) and health journals in Journal Entries (such as daily steps in the Exercise Journal).

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 MyHealth Records** 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 MyHealth Records 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 MyHealth Records
10. To see information added from your device, check Results and Readings (for blood pressure measurements, for example) and Activity Logs in Personal Logs

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/>