

Alberta Doctors' Digest

Alberta Health takes first step toward online access for medical records

In mid-March, Alberta Health launched the [MyHealth Records portal](#), providing adult Albertans with secure online access to personal health information.

From a computer, smartphone or tablet, the portal provides registered users with a convenient way to keep track of their health in one secure place. Users can see the results from common lab tests – including results for cholesterol, iron, kidney and liver function – almost immediately. Other data includes medications purchased from community pharmacies over the past 18 months and most immunizations received in Alberta.

In addition to being able to enter information into their own health record, such as immunizations received outside of an Alberta Health Services Public/Travel Health Clinic, registered users can upload and track information from personal health devices including blood pressure monitors, blood glucose meters and fitness trackers that are supported by MyHealth Records.



MyHealth Records web portal (myhealth.alberta.ca)

Another feature of the portal is the personal health journal, where registered users can enter information such as medical appointments (time, name of physician or health care provider, outcomes, etc.), allergies, family history of medical conditions and health goals. Users can also share printed reports from their MyHealth Records with their physicians and other health care providers.

By making patient health information from Alberta Netcare available to registered users of the portal, MyHealth Records helps Albertans play an active role in their health care decision making. As Alberta Health develops MyHealth Records over the coming months and years, the amount and type of personal health information available through the portal will increase and become more comprehensive.

Related news article

[Government launches public access system for health records](#)

March 16th, 2019 | [ctvnews.ca](#)

It's going to be easier for Albertans to follow their health history and access their personal records now that the government has opened a new online system.