Viewing your Vital Signs and Lab Results

This document demonstrates various ways you can display your vital signs (blood pressure, body mass index, weight, waist circumference) and lab results in our Patient Health Portal. You'll find this data under the **Health Results** tab along the top banner. For the purpose of this demonstration, we will be looking at displaying your blood pressure readings.

STEP 1
Login to the West Carleton FHT Health Portal https://portal.wcfht.ca/

Blood Pressure
Select the *Vital Sign* or *Lab* result you wish to see. For the purpose of this demonstration, we are looking at displaying *Blood Pressure* readings from the **Vital Signs** menu.

There are two ways to display your readings: **My Chart** and **My Table**.
My Chart allows you to view your blood pressure (or other health factor) in a graph to compare values over time. Please note that only one blood pressure reading is shown for each day. This is done to reduce the data displayed on the graph.
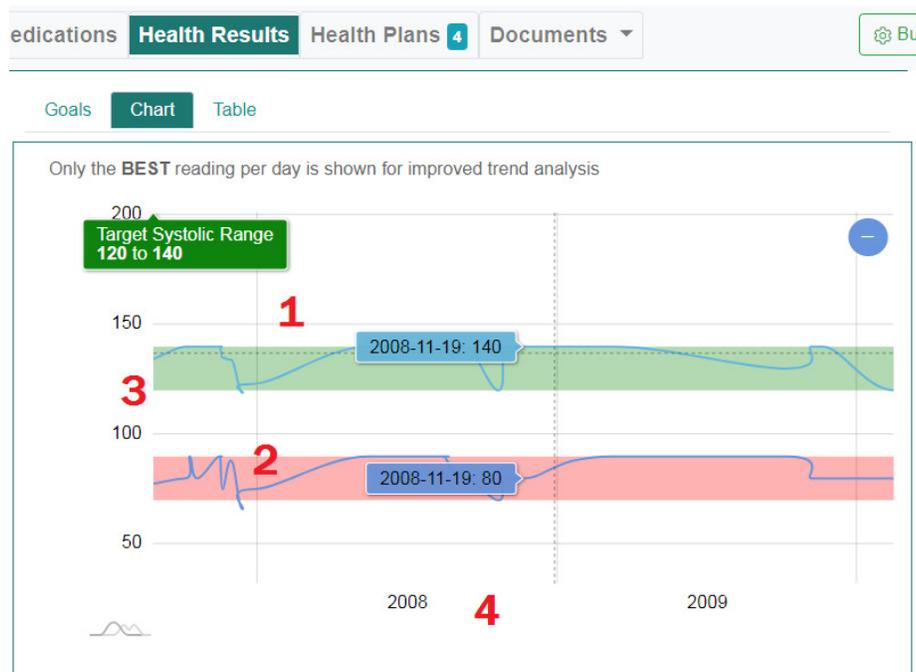
Various graph elements include:
1. Basic graph face
2. Graph bands (showing a range of 'ideal' values based on the average population)
3. Vertical axis shows the value (in this case, blood pressure)
4. Horizontal axis is the time scale

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The Graph

The graph will display data that you have entered, along with data that was entered into your chart at the clinic. You may notice coloured bands on some of the graphs. These bands represent an 'ideal range' for *most* patients. Your health care provider may give you a different target that is specific to you. In this case you will have to interpret your results with this in mind.

You can hover over the band with your cursor to help identify what the target range represents. Generally when there are only two coloured bands of red and green, green is the ideal range, red is outside of that range.

Example LDL Lab Results:

My Table

This section of the page shows the data in a table format allowing you to view the date and value of the reading, along with any comments that were entered. You can set the number of entries to be displayed by adjusting the drop-down menu or look through older readings using the navigation arrows at the bottom of the table.