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CLINIC UPDATES:

We are committed keeping you safe as COVID cases continue to rise. If you have an appointment at the clinic:

- You must complete COVID screening at registration
- Please keep your masks on at all times – even when in the exam room. Do not remove unless asked to do so by your provider
- If you develop any COVID symptoms, or have become positive for COVID, please call the clinic in advance so that we can take the appropriate precautions to keep you, other patients and our staff safe

Like all healthcare facilities, we have been affected by reduced staffing:

- Please note we are trying our best to answer and respond to your calls. If you cannot get through, please try again
- You can leave a voicemail at any time
- For certain appointment types, we may contact you to convert your appointment from in-person to virtual (phone) appointment; you do not need to call us back to confirm.

UPDATING YOUR INFORMATION:



You must have valid health insurance care for care at the clinic (OHIP or alternate). Please remember to update your demographics (address, phone number, health card (and version code-two letters) when you make your appointment, or when you check in. You can also update directly on our [website](#)

This helps us to stay up to date so there are no delays in communication with you or your care.

COVID-19 SYMPTOMS & PCR TESTING:

Please review these [Toronto Public Health Guidelines](#).

The guidelines address the following topics:

- What to do if you have symptoms of COVID-19
- Who is eligible for a PCR test
- What to do if you test positive from a rapid antigen test (RAT)
- What to do if you are exposed to someone with COVID-19



***Have you been diagnosed with COVID-19?
Have your symptoms persisted for more than 3 months?***



You might be eligible to participate in our study. We are investigating the effectiveness of 2 online, group-based interventions aimed at helping to manage COVID-related physical, cognitive/thinking, mood and anxiety symptoms.

8 weeks (1.5hr/week) of either:



Education and Self-Management Program



Mindfulness Skills Intervention

To learn more about the study, please contact Julia at julia.rybkina@uhn.ca or 416-597-3422 ext 7651

WHAT DOES IT MEAN TO BE A PATIENT OF A FAMILY HEALTH TEAM?

When you first became a patient of the Toronto Western FHT, you signed a form that 'rostered' you to your physician.

Rostering is a way that the Ministry of Health pays physicians to take care of you, and is different from the traditional OHIP billing. The benefits you receive from being rostered are many: **not only do you get excellent medical care but you are also able to take advantage of the many highly skilled professionals working at the TW FHT** (dietitians, pharmacists, social workers, respiratory therapist, chiropractor, physiotherapy, occupational therapy).

One important thing that goes with being rostered is **that we ask you not to see primary care physicians who are not part of the TW FHT**. Examples are walk in clinics, virtual clinics, home visiting physician services other than our own, some weight loss clinics, some cosmetic clinics. When you see physicians at these other clinics, the Ministry of Health pulls the money away from the TW FHT in order to pay the other clinic.

We want to remind you that we are open Mon-Thurs from 9am to 8pm, and Fri from 8:30am to 4:30pm. We are also open Saturdays from 9am to 1pm for urgent care. We have an after hours on call service. We almost always have same day access for appointments. In a nutshell, we are always here to take care of you, including by phone/video appointment!



Let's Talk About Anxiety

Topics

- What are anxiety disorders and its causes
- Tips for managing anxiety during COVID-19
- How to support a loved one who has anxiety
- Resources and programs at UHN and in the community

Presenters

- **UHN Patient Partner**
- **Aideen Carroll**, Advanced Practice Nurse Educator, Mental Health, University Health Network
- **Linda Liu**, Clinical Nurse Specialist, Medical Psychiatry, University Health Network

Date and time

Wednesday,
January 26, 2022 1:00 p.m. to 2:00 p.m.

How to participate



Watch the livestream on YouTube. Go to <https://bit.ly/UHNHealthTalk-Jan2022> or use your smartphone's camera or QR code reader app to scan the code.

Submit your questions on Sli.do at <http://sli.do/UHNHealthTalk>.

To register: Go to <http://bit.ly/UHNHealthTalk-Register> or call 416 603 6290

For more information: Email pfep@uhn.ca or call 416 603 6290

www.uhnpatienteducation.ca



Program details are subject to change. Please click [here](#) for updates to flyer

NUTRITION FOR A HEALTHY HEART

Have you been diagnosed with high cholesterol and want to learn about nutritional management?

This workshop will cover:

- Discussion around eating well and controlling high cholesterol levels
- How to include the right kinds and amounts of fats in your diet
- How to increase the fibre content of your diet
- What the Mediterranean Diet is



Next date: **Thursday, March 10th, 2022 from 9:30-11:30am**

Virtual Format: Microsoft Teams

Visit our [website](#) for more details and to register.

Contact us

 Phone: 416 603 5888

 Website: twfht.ca

Location

Bathurst Site: 440 Bathurst Street, 3rd Floor