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CLINIC UPDATES:

BOOK A NURSING APPOINTMENT:

Bathurst FHT patients will soon be able to book a nursing appointment online for the following:

- Allergy Shots
- Medication Injections such as Prolia, Zoladex, Vitamin B 12, Shingrix, Gardasil 9, Depo-Provera, Invega, and testosterone
- Cryotherapy (Freezing of warts. Only genital warts and planter warts are covered by OHIP. There is a charge for freezing warts anywhere else on the body.)
- Ear Syringing
- Surgical Staple Removal
- Suture Removal

Conditions apply. Please see our website for more details.

COVID-19 VACCINE CLINICS FOR CHILDREN 6 MONTHS TO 11 YEARS:

The FHT is continuing to offer COVID-19 vaccines for children aged 6 months to 11 years by appointment only:

Ages 6 months-11years: open to both FHT patients and the general public

Ages 12+: FHT patients only

Click [here](#) for more information and to book your appointment

Dose 3 boosters for children aged 5-11 are expected to be approved in the coming weeks.

RENEWING OHIP-CARDS:



During the pandemic, the government temporarily waived the renewal of expired OHIP-cards, however this exemption is coming to an end soon.

Ontarians have until September 30th, 2022 to renew their OHIP-cards.

It is your responsibility to ensure your health card is valid and not expired. After September 30th, you will be charged for your visit if your card is expired.

How can I renew my expired or expiring OHIP-card?

1. Online: You can renew your OHIP card [online](#) only if:

- You have a valid driver's license
- Your address has not changed
- You do not require a new photo (new photos required every 10 years).

2. In-person at a [Service Ontario location](#).

You will need to bring the following documents with you:

- Your current health card
- Proof of residence in Ontario
- Valid ID (click [here](#) for acceptable documents)

To replace a lost or stolen **unexpired** card, call: **1-800-664-8988**.

If your name or address has changed, however, you will need to replace the lost card in-person at a Service Ontario location.

MOBILE SCHOOL VACCINATION CLINICS:

Toronto Public Health is hosting vaccination clinics for Grade 7-12 students at several high schools in the GTA. Appointments are not required and dental screening is also available. Click [here](#) for times and locations.

The vaccines offered:

- Meningococcal vaccine (prevents meningitis)
- Human Papillomavirus vaccine (prevents cancers)
- Hepatitis B vaccine (prevents liver disease and cancer)
- COVID-19 vaccine

Appointments at other City-run clinics are also available through Toronto Public Health.

SHOULD I GET A SECOND COVID-19 BOOSTER (4TH DOSE) NOW OR WAIT UNTIL THE FALL?:

Individuals (ages 18+) who have received a complete two-dose series of COVID-19 vaccine and 1 booster dose may now choose to receive their 2nd booster dose as soon as they are eligible or wait until Fall 2022.

- Individuals can receive a 2nd booster at a minimum of 3 months after the first booster dose or 3 months post-COVID-19 infection (from the date of positive test result or symptom onset).

Things to consider when making your decision:

1. Individual risk of exposure
2. The National Advisory Committee on Immunization (NACI) recommendations for vaccination (see below)
3. The possibility of a new bivalent COVID-19 vaccine becoming available Fall 2022, which may offer more targeted protection against the Omicron variant. The minimum interval between COVID-19 vaccine boosters will be 3-5 months, so healthy individuals between the ages of 12 and 64 may choose to wait to receive the bivalent vaccine.

Currently, NACI is strongly recommending second boosters for the following populations:

- Older adults (ages 65+)
- Residents of long-term care homes or congregate living settings for seniors
- Individuals ages 12+ with underlying health conditions that put them at high risk of contracting COVID-19
- Adults in First Nations, Inuit or Metis communities
- Adults in racialized or marginalized communities that are disproportionately affected by COVID-19
- Individuals 12+ who live in other congregate living settings (ie. shelters, group homes, correctional facilities).



A program for anyone living with or giving care to someone with chronic health conditions.

You will learn about:

- Healthy eating
- Starting and maintaining exercise
- Pain and fatigue management
- Stress management
- Communicating with your healthcare professional
- Managing medications
- Planning and problem solving
- Goal setting

You will receive:

- Living a Healthy Life with Chronic Conditions Book
- Relaxation CD
- Gift Card and Certificate of completion for attending 4+ sessions



Program takes place over 6 weeks on Zoom.
Sessions are two hours per week.

- Dates: Every Tuesday, for 6 weeks**
- Tuesday, August 30
 - Tuesday, September 6
 - Tuesday, September 13
 - Tuesday, September 20
 - Tuesday, September 27
 - Tuesday, October 4

Location:
Virtual - Zoom Meeting
Details will be provided upon registration

Time:
05:30 PM- 07:30 PM

PRE-REGISTRATION IS REQUIRED | TO REGISTER, PLEASE CONTACT
Maya at 416-461-1925 x 2255 or sign up at:
<https://selfmanagementtc.ca/workshops/virtual-chronic-disease-self-management-program>

choosehealthtc@srhc.com

WEIGHT MANAGEMENT PROGRAM

Wednesdays
SEPT 21-NOV 9, 2022
10:00-11:45am



This virtual program is designed for individuals who would like free support and education learning how to make healthy food choices, increase physical activity, and manage their weight and blood sugar levels.

Register Now

Program Details



Registration

Pre-registration is required. Please call to register at 416 787 1661 ext 3361. Email and computer/device needed. Independent use of ZOOM is required.



Additional Details

Free resource binder included with weekly topics such as healthy eating, physical activity, goal-setting, problem-solving, and more!



Program Location

Virtual via ZOOM

**JOIN 8-week
FREE program!**




UHN Patient & Family Learning Centres

Instant Access to Free Health E-Books!

Follow these easy steps:

Smart Phones / Tablets



1. Download and open the free app: **Libby, by OverDrive** 
2. Find our library -- **University Health Network**
3. Enter your cell phone number* to receive the verification code by text message
4. Sign up using the current campaign code listed below

Computers / Laptops



1. Go to: uhnpatient.overdrive.com
2. Enter your cell phone number* to receive the verification code by text message
3. Sign up using the current campaign code listed below
4. Read/listen to e-books on the browser

Current Date:

April 1 - June 30
July 1 - September 30
October 1 - December 31

Use this Campaign Code:


→ **uhnsummer22**
→ **uhnfall22**
→ **uhnwinter22**

*If you live outside of Ontario, contact us to get access:
email: twpfl@uhn.ca phone: 416-603-6277

uhnpatient.overdrive.com



Contact us

 Phone: 416 603 5888

 Website: twfht.ca

Location

Bathurst Site: 440 Bathurst Street, 3rd Floor