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CLINIC UPDATES:

COVID-19 VACCINES AT THE FHT:

The TW FHT Bathurst site (440 Bathurst Street, 3rd Floor) is offering COVID-19 vaccines by appointment to the following groups:

Ages 6 months-5 years: general public

Ages 12+: FHT patients only

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

CANCELLATION FEES:

A reminder that we require 24 hours' notice for appointment cancellations or you will be charged a fee. Please see list of fees on our [website](#). To cancel an appointment, call 416-603-5888 x2 (press 1)

PHONE CALLS:

We receive many requests to speak to a doctor with a quick question.

Please note that **doctors cannot return calls and an appointment is required to discuss a medical issue or question.**

Sometimes doctors will call you with results and may leave you a message if they cannot reach you.

Thank you for your understanding.

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. You may 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 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 NACI recommendations for vaccination in Fall 2022 (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).

NACI is recommending second boosters for healthy individuals ages 12-64 on a discretionary basis. Further recommendations will be made once more evidence for multivalent vaccines is made available.



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

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

You will receive:

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



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!**



Diabetes Education Clinic is reopening on *October 5, 2022*



The Diabetes Education Program (DEP) provides FREE individual counselling and group education classes for people with type 2 diabetes and pre-diabetes. Our team consists of diabetes educators including registered nurses and registered dietitians who can help clients understand how to manage or prevent diabetes.

Site details:

Location: (South of St. Clair Ave W on Dufferin street)
1615 Dufferin Street, 2nd floor
Toronto ON M6H 4H4

Contact us for an appointment:
Please call at 416 787 1661 ext 3303

Walk ins are welcome!



Unison Health and Community Services
Diabetes Education Program
12 Flemington Road, M6A 2N4
Toronto ON


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

Garrison Site: 928 St. Clair Avenue West