



New Vision News

January 9th, 2023

Join our Health Steps group!

The goal of this monthly virtual group is to support overall health and well-being in a weight inclusive environment. Sessions focus on various nutrition topics and provide an opportunity for participants to connect to meet health-related goals.

Upcoming sessions:

- Wed, Jan 18th at 4:30 p.m. - Mental Health & Healthy Lifestyle
- Tues, Feb 14th at 5 p.m. - Living a Heart Healthy Lifestyle
- Wed, March 22nd at 4:30 p.m. - Helpful Hints for Seasonal Eating

Click here to register! This group is open to all patients and members of the community, so let your friends and family know about this free group!

Please note: You will receive an email one-week prior to the next session with details and a link to join the virtual session. Please check your junk mail if you do not receive the email in your inbox.

Ontario Community Pharmacists Can Now Assess and Treat Minor Ailments

Ontario has taken an important step in expanding access to care for all Ontarians. It was recently announced that patients can now visit their local community Pharmacist who can prescribe for 13 common minor ailments at no extra cost, without having to see their primary care provider first. [Click here](#) for a list of ailments your local community Pharmacist may be able to help you with and answers to some [frequently asked questions](#).

Friendly Reminders:

Clinic Hour Changes:

Starting January 9th, our phones will be answered on Monday to Friday from 9:00 a.m. to 5:00 p.m. Phones are turned off each day from 12:15 p.m. to 1:30 p.m. Clinic doors will be open from 8:45 a.m. to 8:00 p.m. Monday to Thursday and from 8:45 a.m. to 5:00 p.m. on Friday.

Missed Appointments:

Please let us know at least 24 hours in advance if you no longer need your appointment. Appointments can be cancelled quickly online through our [cancellation form](#). There is a fee for missed appointments with your Doctor.

Health Cards:

If you currently have an expired health card, please ensure you renew it. [Click here](#) for information on how to renew your health card. There is a fee for patients who present to their Doctor's appointment with an invalid/expired health card.

If you have recently updated your health card, please let us know by completing [this form](#).

Winter Weather:

New Vision is committed to protecting the health and safety of all our team members and patients. There may be times that the clinic will have an unexpected closure due to adverse weather. In the event of a closure,

information will be communicated on the main page of our website by 7:00 a.m. on the day of.

Please continue to visit our website at www.newvisionhealth.ca for more updates.

Thanks,

New Vision Family Health Team

While the information provided is considered to be true and correct at the date of publication, changes in circumstances after the time of publication may affect the accuracy of the information.
