

Diabetes Resource Manual



COMPILED BY
**THE INTERPROFESSIONAL DIABETES
EDUCATION AND ADVOCACY (IDEA) GROUP**

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WOMEN'S COLLEGE HOSPITAL
Health care for women | **REVOLUTIONIZED**

**DIABETES
CANADA**


UNIVERSITY OF
TORONTO

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National Diabetes Resource Manual:

Introduction

The financial burden associated with diabetes is a significant issue. Patients with diabetes often have to pay for medications, medical supplies, and additional required care (e.g. foot care) and this is estimated to require on average >3% of their income or >\$1500 (Canadian Diabetes Association, 2011). Fifty-seven percent of Canadians with diabetes report they do not comply with prescribed therapies due to cost (Canadian Diabetes Association, 2011). Socioeconomic disparity is known to predict poorer outcomes for patients with diabetes (Booth et al., 2012).

This manual was compiled to assist patients and medical professionals in having access to resources for those who have limited financial coverage and/or are unable to locate the resources needed to help their situation. Significant portions of this information were adapted with permission from resources from the Diabetes Canada (Diabetes Canada, 2016).

Content compiled by the Interprofessional Diabetes Education and Advocacy (IDEA) Group and disseminated in collaboration with Diabetes Canada.

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The content in this resource is based on the most up to date information at the time of printing. Contents will be updated periodically to ensure most current information is made available.

British Columbia

1. Financial Assistance Programs (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

<p>BC Pharmacare</p>	<p>Diabetes Drug Program</p>	<p>https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents</p>
<p>Prescription Medication Coverage</p>	<p>The PharmaCare program helps eligible B.C. residents with the cost of prescription medications and designated medical supplies through Fair Pharmacare and other specialty plans.</p> <ul style="list-style-type: none"> • Fair PharmaCare—B.C.’s income-based plan. Most B.C. residents are covered by this plan. You can register online 24 hours a day, 7 days a week. You must be enrolled with the B.C. Medical Services Plan (MSP) before you can apply for Fair PharmaCare. • Plan B—Permanent residents of licensed residential care facilities • Plan C—Individuals receiving income assistance from the Province of British Columbia • Plan D—Individuals registered with a provincial cystic fibrosis clinic • Plan F—Children receiving medical or full financial assistance through the At Home Program of the Ministry of Children and Family Development • Plan G—Clients of mental health services centres for whom the cost of medication is a significant barrier to treatment • Plan P—BC Palliative Care Benefits Program for those who choose to receive palliative care at home. • Plan W—First Nations Health Benefits <p>Coverage:</p> <ul style="list-style-type: none"> • Most medications are covered under BC pharmacare • Insulin, needles, syringes, blood glucose monitoring strips, and insulin pump supplies for people with diabetes • Insulin pumps for children and adolescents with diabetes • Certain ostomy supplies • Designated permanent prosthesis appliances • Designated nicotine replacement therapy products and smoking cessation prescription drugs for all B.C. residents with active MSP coverage through the BC Smoking Cessation Program. <p>Complete BC Pharmacare Formulary listing is available at: https://pharmacareformularysearch.gov.bc.ca/faces/Search.xhtml</p> <p>Pharmacare covers:</p>	

	<ul style="list-style-type: none"> • Pharmacy dispensing fees • The full cost of a pharmacist delivered medication review services for most BC residents taking 5 or more medications • All BC residents for clinical services fees associated with prescription renewal or adaptation by pharmacists • Fees for pharmacists to administer publicly funded vaccines
Insulin	<p>PharmaCare covers insulin if you are covered under:</p> <ul style="list-style-type: none"> • Fair PharmaCare • Plan B (Residential Care) • Plan C (B.C. Income Assistance) • Plan F (At Home Program) • Plan P (B.C. Palliative Care Drug Plan) • Plan W (First Nations Health Benefits) <p>You do not need a Certificate of Training from a Diabetes Education Centre to qualify for this coverage.</p> <p>PharmaCare covers most insulin up to the regular retail price but does not cover a dispensing fee. For detailed information on PharmaCare coverage of insulin products, please see the PharmaCare Policy Manual, Section 5.14 (PDF).</p>
Glucose monitoring	<p>Blood glucose test strips are covered under BC Pharmacare - Subject to annual quantity limits (based on the type of diabetes treatment you are receiving), PharmaCare covers blood glucose test strips:</p> <ul style="list-style-type: none"> • If you are covered under: <ul style="list-style-type: none"> ○ Fair PharmaCare, ○ Plan C (B.C. Income Assistance) ○ Plan F (At Home Program) ○ Plan W (First Nations Health Benefits), and • Blood glucose testing has been deemed medically necessary for you, and • A Diabetes Education Centre (operated by a regional health authority or accredited by the Ministry of Health) has faxed your eligibility information to Health Insurance BC. <p>If you receive your training, your Diabetes Education Centre will give you a printed voucher. The voucher entitles you to a one-time coverage of blood glucose test strips (to</p>

	<p>a maximum of \$100) if your eligibility information has not yet been entered in the province's claim system when you make your first test strip purchase.</p> <p>>> Learn about the annual quantity limits for blood glucose test strip coverage.</p> <p>>> See the list of blood glucose test strips that are eligible for PharmaCare coverage.</p>
<p>Ketone testing and lancets</p>	<p>The following supplies are eligible for coverage under First Nations Health Benefits (Plan W) only:</p> <ul style="list-style-type: none"> • Lancets • Blood and urine ketone strips • Alcohol swabs
<p>Insulin Pump and pump supplies</p>	<p>PharmaCare covers insulin pumps for patients age 25 or younger with Type 1 diabetes or other forms of diabetes requiring insulin. Supplies for insulin pumps are covered for both children and adults.</p> <p>Who is eligible for coverage? Insulin pump coverage is available to patients who:</p> <ul style="list-style-type: none"> • are 25 years of age or younger, and • have Type 1 diabetes or another form of diabetes requiring insulin, and • are covered under Fair PharmaCare, Plan C (B.C. Income Assistance Recipients), Plan F(Children in the At Home Program) or Plan W (First Nations Health Benefits), and • have confirmation from their diabetes physician that they meet the medical criteria, and • have Special Authority approval for coverage (see “How do I obtain coverage?” below). <p>How much will PharmaCare cover? PharmaCare covers 100% of the cost of one of the approved insulin pumps every five years, subject to the rules of your PharmaCare plan. For instance, if you are:</p> <ul style="list-style-type: none"> • on Plan C (B.C. Income Assistance), PharmaCare covers 100% • on Plan F (Children in the At Home Program), PharmaCare covers 100% • on Plan W (First Nations Health Benenefits), PharmaCare covers 100% • if you are covered under the Fair PharmaCare plan, PharmaCare covers 70% of costs above your deductible and 100% of costs once you reach your family maximum.

	<p>Important: Be sure to register for Fair PharmaCare before purchasing an insulin pump to ensure you get maximum coverage.</p>
<p>Insulin needles and lancets</p>	<p>PharmaCare covers needles and syringes if you have insulin-dependent diabetes and you are covered under:</p> <ul style="list-style-type: none"> • Fair PharmaCare • Plan C (B.C. Income Assistance) • Plan F (At Home Program) • Plan W (First Nations Health Benefits) <p>You do not need a Certificate of Training from a Diabetes Education Centre to qualify for this coverage.</p> <p>For needles and syringes for insulin therapy, PharmaCare covers the regular retail price but does not cover a dispensing fee. PharmaCare does not cover safety needles.</p> <p>For more information about coverage of needles and syringes, please see the PharmaCare Policy Manual, Section 5.15 (PDF).</p>
<p>Income assistance</p>	<p>The government of British Columbia offers income assistance if you are in need or have no other resources. After you are approved for income assistance, you will receive:</p> <ul style="list-style-type: none"> • An income assistance rate based on your situation and the size of your family unit. For example, you could get: <ul style="list-style-type: none"> ○ Up to \$710.00 if you are single ○ Up to \$977.22 if you and your spouse are both on assistance ○ Up to \$1,201.06 if you and your spouse are both on assistance and have two children • Premium-free medical services plan coverage • No-deductible PharmaCare prescription coverage

	<p>Depending on your circumstances, you may also get other expenses covered. If you have children, you'll keep basic health coverage. This includes premium-free medical services plan and 100 per cent coverage under PharmaCare for a full year after you leave income assistance for employment.</p> <p>To find more information see: https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/on-assistance</p>
<p>Disability coverage</p>	<p>The government of British Columbia provides disability coverage. When you're on disability assistance the amount of financial support you receive depends on the size of your family. It also depends on whether another person in your family has the Persons with Disabilities designation.</p> <p>For example, as of October 1, 2017 you could get:</p> <ul style="list-style-type: none"> • Up to \$1,133.42 if you are single • Up to \$1,973.06 if your spouse also has the Persons with Disabilities designation • Up to \$1,559.08 if you are a single-parent family with two children <p>Disability coverage is available for</p> <ul style="list-style-type: none"> • Nutritional supplements such as Ensure or Boost • Special diet • Tube feeding • Medical supplies, equipment and devices • Medical transportation • Optical services and dental <p>To find more information see: https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/disability-assistance/on-disability-assistance</p>

2. Information on Diabetes: Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

<p>Diabetes Education Centers</p> <p>Diabetes Education Centres provide education, support, and assistance to people who have been diagnosed with pre-diabetes, type 1, type 2, or gestational diabetes. They offer services to people of all ages in both outpatient and inpatient settings.</p> <p>The goal of the programs is to help people with diabetes understand their condition and live a balanced, healthy life free of complications.</p> <p>A referral is required from a physician or other health care professional. If you do not have a family physician, a physician at a walk in clinic can refer you.</p> <p>Services include nutritional counselling, a free blood glucose meter, consultation with an endocrinologist (when needed), and prompt initiation of insulin on an outpatient basis (if required).</p>	<p>Fraser Health:</p>	
	<p>Abbotsford Diabetes Health Centre Abbotsford Regional Hospital 32900 Marshall Road, Abbotsford</p> <p>** Also provides Diabetes and pregnancy program</p>	<p>Phone: (604) 851-4700 ext 646238 Fax: (604) 851-4782</p>
	<p>Burnaby Diabetes Health Centre. Burnaby Hospital 3936 Kincaid Street, Burnaby</p>	<p>Phone: (604) 412-6139 Fax: (604) 412-6233</p>
	<p>Chilliwack Diabetes Health Centre. Chilliwack General Hospital 45600 Menholm Road, Chilliwack</p>	<p>Phone: (604) 702-4766 Fax: (604) 702-2880</p>
	<p>Chilliwack Diabetes Health Centre (Satellite) Fraser Canyon Hospital 1275 - 7th Avenue, Hope</p>	<p>Phone: (604) 702-4766 Fax: (604) 702-2880</p>
	<p>Delta Diabetes Health Centre Delta Hospital 5800 Mountainview Blvd, Delta</p>	<p>Phone: (604) 946-1121 ext 783278 Fax: (604) 952-7352</p>
	<p>Jim Pattison Diabetes Health Centre Jim Pattison Outpatient Centre (Surrey) 9750 140 Street, Surrey</p> <p>**Please note that the South Asian Diabetes Services are now integrated in Jim Pattison Diabetes Health Centre</p>	<p>Phone: (604) 582-4583 Fax: (604) 582-4590</p>

	**Jim Pattison also has Diabetes and pregnancy program	
	Langley Diabetes Health Centre Langley Memorial Hospital 22051 Fraser Hwy, Langley	Phone: (604) 534-4121 ext. 745429 Fax: (604) 533-6449
	Mission Diabetes Health Centre (Satellite) Mission Community Health Centre 7298 Hurd Street, Mission	Phone: (604) 814-5145 Fax: (604) 851-4782
	New Westminster Diabetes Health Centre 234 Ross Drive, New Westminster	Phone: (604) 523-8800 Fax: (604) 523-8801
	Royal Columbian Diabetes & Pregnancy Program	Phone: (604) 520-4473 Fax: (604) 520-1132
	Ridge Meadows Diabetes Health Centre Ridge Meadows Public Health Unit 400 - 22470 Dewdney Trunk Road, Maple Ridge	Phone: (604) 476-7056 Fax: (604) 476-7077
	Tri-Cities Diabetes Health Centre 602 - 205 Newport Drive, Port Moody	Phone: (604) 949-7771 Fax: (604) 949-7772
	White Rock Diabetes Health Centre 15455 Vine Avenue, White Rock	Phone: (604) 541-7162 Fax: (604) 538-9809

Interior Health:		
100 Mile Diabetes Clinic 555 D Cedar Avenue 100 Mile House, BC V0K 2E0		Phone: 250-395-7676
Ashcroft Diabetes Clinic 700 Ash-Cache Creek Hwy Ashcroft, BC V0K 1A0		Phone: 250-265-4435
Barriere Diabetes Clinic 4537 Barriere Town Road Barriere, BC V0E 1E0		Phone: 250-672-9731
Castlegar Diabetes Clinic 709 - 10th Street Castlegar, BC V1N 2H7		Phone: 250-365-7711
Chase Diabetes Clinic 826 Thompson Avenue Chase, BC V0E 1M0		Phone: 250-679-1400
Clearwater Diabetes Clinic 640 Park Drive, RR#1 Clearwater, BC V0E 1N0		Phone: 250-674-2244
Cranbrook Diabetes Clinic 20 - 23rd Avenue South Cranbrook, BC V1C 5V1		Phone: 250-489-6414
Creston Diabetes Clinic 312 - 15th Avenue North Creston, BC V0B 1G0		Phone: 250-428-2286
Golden Diabetes Clinic 835 - 9th Avenue South Golden, BC V0A 1H0		Phone: 250-344-3043
Grand Forks Diabetes Clinic		Phone: 250-443-2100

	7649 - 22nd Street Grand Forks, BC V0H 1H2	
	Invermere Diabetes Clinic 850 - 10th Avenue Invermere, BC V0A 1K0	Phone: 250-342-9201
	Kamloops Diabetes Clinic 311 Columbia Street Kamloops, BC V2C 2T1	Phone: 250-314-2457
	Kelowna Diabetes Clinic 505 Doyle Avenue Kelowna, BC V1Y 0C5	Phone: 250-980-1405
	Kimberley Diabetes Clinic 260 - 4th Avenue Kimberley, BC V1A 2R6	Phone: 250-427-2215
	Lillooet Diabetes Clinic 951 Murray Street Lillooet, BC V0K 1V0	Phone: 250-256-1308
	Logan Lake Diabetes Clinic 5 Beryl Drive Logan Lake, BC V0K 1W0	Phone: 250-523-6869
	Merritt Diabetes Clinic 3451 Voght Street Merritt, BC V1K 1C6	Phone: 250-378-3236
	Nelson Diabetes Clinic 3 View Street Nelson, BC V1L 2V1	Phone: 250-352-3111
	Penticton Diabetes Clinic 740 Carmi Avenue Penticton, BC V2A 8P9	Phone: 1-800-707-8550
	Revelstoke Diabetes Clinic 1200 Newlands Road Revelstoke, BC V0E 2S0	Phone: 250-837-2131 ext. 276

	<p>Salmon Arm Diabetes Clinic 601 - 10th Street NE Salmon Arm, BC V1E 4N6</p>	<p>Phone: 250-833-3636 ext. 2359</p>
	<p>Sparwood Diabetes Clinic 570 Pine Avenue Sparwood, BC V0B 2G0</p>	<p>Phone: 250-425-6212</p>
	<p>Trail Diabetes Clinic 1500 Columbia Avenue Trail, BC V1R 1J9</p>	<p>Phone: 250-364-6219</p>
	<p>Vernon Diabetes Clinic 2101 - 32nd Street vernon, BC V1T 5L2</p>	<p>Phone: 250-558-1210</p>
	<p>Williams Lake Diabetes Clinic 517 North 6th Avenue Williams Lake, BC V2G 2G8</p>	<p>Phone: 250-305-4076</p>
<p>Island Health:</p>		
	<p>Campbell River Diabetes Education Centre Wellness Centre, North Island Hospital, Campbell River & District 375 – 2nd Avenue, Campbell River, BC V9W 3V1</p>	<p>Phone: 250-286-7150 Fax: 250-286-7103</p>
	<p>Comox valley diabetes education centre Wellness Centre – Diabetes Education 101 Lerwick Road Courtenay, BC V9N 0B9</p>	<p>Phone: 250-331-5964 Fax: 250-331-5903 Email: cvhdiabetes@viha.ca</p>

	<p>Duncan Diabetes Education</p> <p>121 Ingram Street, Duncan, BC</p> <p>V9L 1N8</p>	<p>Phone: 250.737.2004</p> <p>Fax: 250.709.3065</p>
	<p>Ladysmith Diabetes Education</p> <p>1111-4th Avenue, Room 114B</p> <p>PO Box 10, Ladysmith, BC V9G 1A1</p>	<p>Phone: 250.739.5777</p> <p>Fax: 250.740.2689</p>
	<p>Mount Waddington Region Diabetes Education</p> <p>Port McNeill Hospital</p> <p>2750 Kingcome Place, Box 548</p> <p>Port McNeill, BC V0N 2R0</p>	<p>Phone: 250.956.4461 Ext 66262</p> <p>Fax: 250.956.3653</p>
	<p>Nanaimo Adult Diabetes Education centre</p> <p>Nanaimo Regional General Hospital: Ambulatory Care Building</p> <p>1200 Dufferin Crescent, Nanaimo, BC</p>	<p>Phone: 250.716.7733</p> <p>Fax: 250.739.5974</p>
	<p>Parksville Diabetes Education</p> <p>Oceanside Health Centre</p> <p>489 Alberni Highway, Parksville BC V9P 1J9</p>	<p>Phone: 250.951.9550</p> <p>Fax: 250.951.9575</p>

	<p>Port Alberni Diabetes Education Centre</p> <p>West Coast General Hospital</p> <p>3949 Port Alberni Highway</p> <p>Port Alberni, BC V9Y 4S1</p>	<p>Phone: 250.724.8824</p> <p>Fax: 250.724.8848</p>
	<p>Victoria diabetes education centre adult program</p> <p>Royal Jubilee Hospital</p> <p>D&T Building, Clinic 7</p> <p>1952 Bay Street, Victoria, BC V8R 1J8</p>	<p>Phone: 250.370.8322</p> <p>Fax: 250.370.8357</p>
	<p>Victoria Gestational Diabetes Education Centre</p> <p>Victoria General Hospital</p> <p>Child and Family Health Unit (CFAU)</p>	<p>Phone: 250.727.4266 (booking clerk)</p> <p>Fax: 250.727.4168</p>
	<p>Paediatric Diabetes Program</p> <p>Victoria General Hospital – Pediatric Unit</p>	<p>Phone: 250-727-4266 Fax: 250-727-4221</p>
<p>Northern Health:</p>		
	<p>Diabetes education centre</p> <p>1070 Main Street</p> <p>Smithers, BC V0J 2N0</p>	<p>Phone: 250-847-6014</p> <p>Fax: 250-847-6032</p>

	<p>Dawson Creek and District Hospital Diabetes Education Centre</p> <p>11100 13th Street Dawson Creek, BC V1G 3W8</p>	<p>Phone: 250-782-8501 ext 2279 Fax: 250-784-7322</p>
	<p>Fort St. John Hospital Diabetes Education Centre</p> <p>8407 112th Avenue Fort St John, BC V1J 0J5</p>	<p>Phone: 250-261-7439 Fax: 250-261-7651</p>
	<p>Mackenzie and District Hospital and Health Centre</p> <p>45 Centennial Drive Mackenzie, BC V0J 2C0</p>	<p>Phone: 250-997-8505 Fax: 250-997-6068</p>
	<p>University Hospital of Northern British Columbia</p> <p>1475 Edmonton Street Prince George, BC V2M 1S2</p>	<p>Phone: 250-565-2464 Fax: 250-565-2792</p>
	<p>Vanderhoof health unit diabetes education centre</p> <p>3299 Hospital Road Vanderhoof, BC V0J 3A2</p>	<p>Phone: 250-567-6900 Fax: 250-567-6170</p>
	<p>Vancouver Coastal Health:</p>	

	<p>Diabetes and Foot Care Clinic - Bella Coola General Hospital 1025 Elcho Street Bella Coola, BC V0T 1C0</p> <p>** This is an integrated practice that also provides culturally sensitive services for the Nuxalk first nations.</p>	<p>Phone: (250) 799-5311 Fax: (250) 799-5635</p>
	<p>Diabetes Education Centre - Powell River General Hospital 5000 Joyce Avenue Powell River, BC V8A 5R3</p> <p>** A Farsi translated program is available for the diabetes education component only.</p>	<p>Phone: (604) 485-3211 Fax: (604) 485-3243</p>
	<p>Diabetes Education Centre - Richmond Hospital 7000 Westminster Highway Richmond, BC V6X 1A2</p> <p>** Located on the ground floor of the Richmond Hospital, near the South entrance and rotunda.</p>	<p>Phone: (604) 244-5163 Fax: (604) 244-5571</p>

	<p>** A Farsi translated program is available for the diabetes education component only.</p>	
	<p>Diabetes Education Centre - West Vancouver Community Health Centre 2121 Marine Drive 2nd floor, room 241 West Vancouver, BC V7V 4Y2</p> <p>** Interpreter services for non-English speaking clients, usually by telephone. In-person interpreter provided for Farsi Group Education.</p>	<p>Phone: (604) 984-5752 ext 2 Fax: (604) 297-9681 Email: nscds@vch.ca</p>
	<p>Healthy Living Program - Vancouver Community Pacific Spirit Community Health Centre 5913 West Boulevard Vancouver, BC V6M 3X1</p>	<p>Phone: (604) 267-4430 Email: healthylivingprogram@vch.ca</p>
<p>Healthy eating tools/programs</p>	<p>A. Dietitian services</p> <p>If you have any questions about healthy eating, food, or nutrition, call 8-1-1 toll-free in B.C. You can speak to a health service navigator who can connect you with one of our registered dietitians, who are</p>	

	<p>available 9am to 5pm Monday to Friday. You can also leave a message after hours.</p> <p>Translations services are available in more than 130 languages.</p> <p>B. HealthLink BC</p> <ul style="list-style-type: none"> • Cookbooks for people with diabetes - To access a number of cookbooks and links to website resources visit HealthLink BC https://www.healthlinkbc.ca/healthy-eating/diabetes-cookbook-website • Healthy Carbohydrates for Diabetes Adapted for South Asian Diets fact sheet. https://www.healthlinkbc.ca/healthy-eating/diabetes-south-asian-diet • Healthy eating for diabetes adapted for Punjabi diet. https://www.healthlinkbc.ca/healthy-eating/diabetes-punjabi-diet • Healthy eating guidelines for women with gestational diabetes. https://www.healthlinkbc.ca/healthy-eating/gestational-diabetes • Healthy eating guidelines for adults with diabetes and low blood sugar. https://www.healthlinkbc.ca/healthy-eating/diabetes-low-blood-glucose • Healthy eating guidelines for people with reactive hypoglycaemia. https://www.healthlinkbc.ca/healthy-eating/reactive-hypoglycemia • Sample menu for reactive hypoglycaemia. https://www.healthlinkbc.ca/healthy-eating/menu-reactive-hypoglycemia
<p>Exercise programs</p>	<p>A. OsteoFit. For more information visit: http://www.bcwomens.ca/our-services/population-health-promotion/osteofit/</p> <p>Osteofit is BC Women’s certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience.</p>

B. Move for Life DVD. For more information visit:

<http://www.seniorsbc.ca> or call the physical activity line at 604-241-2266.

Easy to do, stay healthy activities for older adults. Available at any B.C. Public Library.

C. Self-management health coaches program. For more information visit: <http://www.selfmanagementbc.ca/healthcoachprogram>

The Self-Management Health Coach Program is a telephone-based coaching program to support people living with chronic conditions to become better self-managers. Health Coaches connect with participants by telephone, once a week for 30 minutes, for a period of three months. Coaching can be extended for another three months upon a mutual agreement between all parties.

Through this contact, Health Coaches can support participants who would like to:

- Choose goals and actions they want to take to better manage their health
- Identify and problem-solve barriers to being healthier
- Become more self-confident
- Be motivated to initiate and maintain health-behaviour changes

Health Coaches provide a dimension of support that complements and enhances professional health care; they do not provide medical or clinical advice or treatment.

D. Physical Activity Line (PAL) For more information visit:

www.physicalactivityline.com

A resource for practical and trusted physical activity and healthy living information. The line provides guidance to help you become more physically active, overcome your barriers and stay motivated,

	<p>education on the most up to date, trusted physical activity and health information and connects you with health professionals and community health and fitness programs. Staffed by CSEP Certified Exercise Physiologists® are available Monday to Friday 9:00 AM - 5:00 PM, to assist you with all of your physical activity related needs. Call 8-1-1 as PAL is now part of HealthLink BC.</p> <p>E. Heart and Stroke Foundation of BC & Yukon Hearts in Motion Walking Club. For more information please view the Hearts In Motion Resource Guide or visit http://www.heartandstroke.com/</p> <p>The aim of Hearts in Motion is to encourage more people to enjoy regular physical activity by walking. The program allows participants to participate at their own pace in a safe and social environment. The target group for the Hearts in Motion Walking Club are those over 55.</p> <p>F. SportMed BC Sun Run Walk/Run Training Clinics. For more information visit: http://www.sportmedbc.com/</p> <p>Sun Run In Training clinics cater to all fitness levels, from the beginning walker wanting to get off the couch to the life runner looking for an improved 10K race time. Sun Run walk/run clinics provide a 13-week training program for those wanting to participate in the 10km event.</p>
<p>Support programs</p>	<p>A. Diabetes self-management program. For more information visit: http://www.selfmanagementbc.ca/diabetesprogram</p> <p>The Diabetes Self-Management Program Is a six-week workshop that helps people with diabetes to better manage their symptoms and their daily lives. The workshop provides information and teaches</p>

	<p>practical skills. It gives people the confidence and motivation they need to manage the challenges of living with diabetes.</p> <p>Adults experiencing type 2 diabetes as well as their family, friends and/or caregivers can attend.</p> <p>It is FREE to participants, and participants receive the Living a Healthy Life with Chronic Conditions course book. Participants must pre-register for a workshop and encouraged to attend all six sessions.</p> <p>Workshop groups meet once a week for 2.5 hours, over six weeks. There are ten to sixteen participants in each workshop.</p> <p>B. Diabetes Canada Walk and Talk program. For more information visit: http://www.diabetes.ca/in-your-community/local-programs-events/regional-events-programs/british-columbia-events/walk-and-talk</p> <p>This free 8 to 10-week activity-based program is for diabetes self-management and prevention. Participants meet weekly to learn and gain new skills from professionals such as dietitians, podiatrists, diabetes educators and fitness instructors. Each session includes a group walk where they can further engage with each other and the guest speaker. Wellness tools and resources are given out to enhance participants’ self-management toolkits. Walk and Talk empowers people to self-manage their diabetes, creates a supportive environment for individuals to engage in physical activity with their peers, and provides access to experts in a positive, proactive setting.</p>
<p>Smoking Cessation Program</p>	<p>A. BC smoking cessation program. For more information visit: https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program</p>

The B.C. Smoking Cessation Program helps eligible B.C. residents who wish to stop smoking or using other tobacco products by:

- covering 100% of the cost of nicotine replacement therapy (NRT) products (specific nicotine gum, lozenges, patches, inhaler), or
- contributing to the cost of specific smoking cessation prescription drugs.

Your Options

Eligible residents can be covered for **one** of the following two treatment options:

Option 1—NRT products (gum, lozenges, patches or inhaler)

Visit your local pharmacy. Both you and the pharmacist must sign a declaration form.

Option 2—Prescription smoking cessation drugs:

- bupropion (brand name Zyban®), **or**
- varenicline (brand name Champix®)

PharmaCare covers two smoking cessation drugs—bupropion (brand name Zyban® or varenicline (brand name Champix®)—the same way it covers other prescription drugs. To get coverage, you have to be registered for the [Fair PharmaCare](#) plan or covered by one of the following PharmaCare plans:

- [Permanent Residents of Licensed Residential Care Facilities \(Plan B\)](#)
- [Recipients of B.C. Income Assistance \(Plan C\)](#)
- [Psychiatric Medications \(Plan G\)](#)
- [First Nations Health Benefits \(Plan W\)](#)

B. Quit now program. For more information visit: [QuitNow.ca](#)

Provides one-on-one support and valuable resources in multiple languages to help you plan your strategy before you get your smoking cessation aids. Planning increases your chances of success.

	<p>When you are ready, the program will be there for you. For example, QuitNow.ca offers:</p> <ul style="list-style-type: none"> • Quitting—a suite of resources to help you plan, start and manage your quit-smoking process. • Medication Guide—This guide tells you about prescription smoking cessation drugs and nicotine replacement therapy (NRT) products. • Stories from other British Columbians who have quit. • Videos on how to use nicotine patches and gum to get the right amount of nicotine and avoid withdrawal symptoms
<p>Aboriginal specific resources</p>	<p>A. Vancouver Native Health Society 449 East Hastings Street Vancouver, BC V6A 1P5 Phone: 604.254.9949 Fax: 604.254.9948</p> <p>Vancouver Native Health Society (VNHS) was established in 1991 with a mission to improve and promote the physical, mental, emotional and spiritual health of individuals, focusing on the Aboriginal community residing in Greater Vancouver.</p> <p>Today, Vancouver Native Health Society delivers comprehensive medical, counselling and social services generally to Vancouver’s Downtown Eastside Aboriginal community. They offer services and resources for con-current health issues such as substance abuse, mental health, chronic disease, homelessness and poverty.</p> <p>B. Diabetes and my nation. For more information visit: http://www.diabetesandmynation.com/</p> <p>Phone: 1 + (604) 229-0140 Fax: 1 + (604) 926-1431</p> <p>Diabetes and My Nation initiative is a community based health management program to achieve evidence-based outcomes for the</p>

	<p>prevention and management of diabetes (Type 2 diabetes Mellitus – T2DM) in First Nations communities. It applies culturally appropriate and holistic methods, and includes all age groups including youths but not infants in the community.</p> <p>The program has evolved through the contribution of a First Nation leader, a strategy developer, (both of whom have Type 2 diabetes) and a diabetes specialist, with extensive consultation with community members, First Nations healthcare professionals, and healthcare professionals from both federal and provincial programs with actual experience working with First Nations communities.</p> <p>The program consists of six integrated components: Awareness and Motivation, Education, Management and Monitoring, Treatment, Prevention, and Diabetes Management Software. Diabetes Nurse Educators play an integral part in the implementation of the program as the main point of contact for monitoring patients and coordinating treatment activities. This provides intimate motivational access to healthcare, which permits alternative and cost effective approaches to all aspects of diabetes management.</p>
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3. Vision care

<p>Optical coverage for those on income and disability support</p>	<p>Everyone who receives income or disability assistance gets specified optical services. Tell the eye clinic you are in receipt of assistance and give them your CareCard or your BC Services Card. They'll verify your coverage with Pacific Blue Cross.</p> <p>Adults</p> <p>When you receive assistance or medical services only, you can get:</p> <ul style="list-style-type: none"> • Up to \$48.90 for routine eye exams once every two years • New eyeglasses, up to the ministry's maximum rate • New lenses if your eye doctor confirms a change in your prescription • Necessary repairs to lenses or frames • A case for new glasses or lenses
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	<ul style="list-style-type: none"> • Routine eye exams for seniors, covered by Medical Services Plan (MSP), which covers medically necessary eye exams for everyone, regardless of age <p>Children</p> <p>Children under 19 in families who receive assistance get:</p> <ul style="list-style-type: none"> • Routine eye exams for children, covered by Medical Services Plan (MSP) • New eyeglasses, up to the ministry’s maximum rate <p>For more information see: https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/on-assistance/supplements/optical</p>
<p>Non-insured Health Benefits (NIHB) – First Nations and Inuit Health Branch - Health Canada</p>	<p>When not covered by another plan or program, NIHB covers:</p> <ul style="list-style-type: none"> • The cost of general eye/vision exams every 24 months for eligible clients 18 years and over, every 12 months for those under 18; a person with diabetes is eligible for a complete eye exam every 12 months. • Prescription eyeglasses once every 2 years for eligible clients 18 years and over, and once every year for eligible clients under 18. • If any major change in prescription, may be eligible for coverage sooner. • Program also covers eyeglass repairs and eye prosthesis (artificial eye). • Specific maximums (\$) may apply. <p>An eligible client must be a resident of Canada and any of the following:</p> <ul style="list-style-type: none"> • a First Nations person who is registered under the <i>Indian Act</i> (commonly referred to as a status Indian) • an Inuk recognized by an Inuit land claim organization • a child less than 18 months old whose parent is a registered First Nations person or a recognized Inuk <p>To make sure that your child continues to be eligible for the program, you should apply for your child's:</p> <ul style="list-style-type: none"> • Indian status • recognition from your Inuit land claim organization

	<p>For more information contact NIHB directly for more information at 1-800-640-0642 or visit https://www.canada.ca/en/health-canada/services/non-insured-health-benefits-first-nations-inuit/benefits-services-under-non-insured-health-benefits-program/vision-care-benefits.html</p>
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4. Foot care

<p>Medical Services Plan (MSP) – Ministry of health</p>	<p>Who qualifies? Eligible B.C. residents</p> <p>What does the Program cover?</p> <ul style="list-style-type: none"> • Some podiatric services are partially subsidized by B.C.'s Medical Services Plan (MSP). • Surgical podiatry services are partially subsidized for all British Columbians under MSP. <p>MSP also covers a combined limit of up to 10 visits for non-surgical podiatric services in a calendar year to beneficiaries on "premium assistance." Premium assistance is available for individuals or families with lower incomes. Eligibility is based on individual or family net income for the previous two tax years, less deductions for age, family size and disability. If the resulting amount - referred to as "adjusted net income" - is \$24,000 or less, a premium subsidy is available.</p> <p>For more information see: https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/benefits/services-covered-by-msp/supplementary-benefits or call: Vancouver: 604-683-7151 Victoria: 250-386-7171 Elsewhere in B.C.: 1-800-663-7100</p>
<p>Non-insured Health Benefits (NIHB) – First Nations and Inuit Health Branch - Health Canada</p>	<p>When not covered by any other plan or program, NIHB covers custom-made orthotics and footwear for eligible clients. Specific maximums (\$) may apply. "Off the shelf" orthopedic shoes and foot products manufactured only from laser or optical scanning or computerized gait and pressure analysis systems are not covered.</p> <p>An eligible client must be a resident of Canada and any of the following:</p> <ul style="list-style-type: none"> • a First Nations person who is registered under the <i>Indian Act</i> (commonly referred to as a status Indian) • an Inuk recognized by an Inuit land claim organization

	<ul style="list-style-type: none"> • a child less than 18 months old whose parent is a registered First Nations person or a recognized Inuk <p>To make sure that your child continues to be eligible for the program, you should apply for your child's:</p> <ul style="list-style-type: none"> • Indian status • recognition from your Inuit land claim organization <p>For more information see: https://www.canada.ca/en/health-canada/services/non-insured-health-benefits-first-nations-inuit/who-is-eligible-non-insured-health-benefits-program.html</p>
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5. Home and travel assistance: includes travel/transport assistance, medical travel, health equipment coverage, vehicle and home modification.

Travel / Transport Assistance	<p>A. BC Employment and Assistance (BCEA) – Medical transportation supplement. For more information visit: https://www.diabetes.ca/CDA/media/documents/diabetes-and-you/know-your-rights/british-columbia-financial-assistance-programs.pdf</p>
Medical Travel	<p>Medical transportation supplements are provided only to:</p> <ul style="list-style-type: none"> • recipients of <i>income assistance</i> or <i>disability assistance</i> who are eligible for general health supplements; • Medical Services Only recipients; or • Persons approved under life-threatening health need if they have a direct and immediate life-threatening need for medical transportation. <p>The medical transportation supplement provides the least expensive appropriate mode of transportation when:</p> <ul style="list-style-type: none"> • <i>essential medical treatment</i> is required • there are extraordinary transportation costs, which are needs significantly in excess of those that can be reasonably incorporated into normal daily living. (For example, a routine or follow-up visit with a <i>medical practitioner</i> or <i>nurse practitioner</i> is not extraordinary, but the costs associated with daily medical tests or treatments with a medical practitioner or nurse practitioner over an extended period of time are extraordinary.)

Note: Expenses for routine medical visits must be met through monthly support assistance.

- the recipient provides a list of the expected medical transportation costs
- all options and resources have been explored by the client and Employment and Assistance Worker (EAW) prior to consideration of assistance with extraordinary medical transportation costs by the ministry Other resources include (but are not limited to):
 - family, friends, volunteer agencies and service clubs
 - the *Travel Assistance Program* (TAP) which is coordinated by the Ministry of Health (MoH). Transportation partners agree to waive or discount their regular fees. **Note:** The ministry may provide assistance for funding not covered by MoH TAP. For example, if the BC Ferries fare is covered by TAP, the ministry may provide bus transportation. Recipients must request the TAP form from their medical practitioner or nurse practitioner.
 - Health Connections Program, a regional travel assistance program that offers subsidized transportation options to help defray costs for rural residents who must travel to obtain non-emergency medical care outside their home communities. [[see](#) Contacts – Health Connections Program]
 - Medical Travel Accommodation, which provides hotel accommodation at discounted rates to patients and their families who are required to travel to out- of- town locations to access non-emergency care. [[see](#) Contacts – Medical Travel Accommodation]

B. Travel Assistance program BC (TAP BC). For more information visit:

<https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc>

The Travel Assistance Program (TAP) helps alleviate some of the transportation costs for eligible B.C. residents who must travel within the province for non-emergency medical specialist services not available in their own community. TAP is a corporate partnership between the Ministry of Health and private transportation carriers. The program is coordinated by the Ministry of Health and the transportation partners who agree to waive or discount their regular fees.

Eligible Medical Specialist Services Include:

- Non-emergency medical specialist services available at the closest location outside the patient's community; and

- Diagnostic procedures, laboratory procedures, diagnostic radiology, nuclear medicine procedures, BC Cancer Agency, Transplant Units, HIV/AIDS treatment at St. Paul's Hospital, specialty clinics at BC Children's Hospital and other tertiary care hospital services.

The Following Services are not Eligible for TAP:

- Patient transfer from one facility to another;
- GP to GP referrals;
- Supplementary benefit practitioner services (e.g., acupuncturist, optometry, physical therapy, massage therapy, podiatry, non-hospital based dentistry, naturopathy, and chiropractic services); and
- Non-insured services (e.g., cosmetic surgery, experimental procedures, clinical drug trials, preventative medicine).

To be eligible for TAP as a patient:

- you must be a B.C. resident and be enrolled in the Medical Services Plan (MSP);
- you must have a referral from a physician or nurse practitioner for MSP insured specialist medical services which are not available locally;
- your travel expenses must not be covered by third party insurance, such as an employer plan, extended medical plan, Insurance Corporation of BC, WorkSafeBC or federal government program (e.g. Veterans' Affairs).

The referral must be to the closest location for non-emergency medical specialist services not available in your community. TAP forms are only available from your referring physician or nurse practitioner at the time the referral is made.

C. Health Connections. For more information visit:

<https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/health-connections>

Health Connections is a health authority based regional travel assistance program that offers subsidized transportation options to help defray costs for rural residents who must travel to obtain non-emergency, physician-referred medical care outside their home communities. Health authorities, through funding from the Ministry of Health, have implemented Health Connections programs to meet the unique needs of selected communities in their regions.

Health Connections is separate from, but complementary to, the [Travel Assistance Program](#).

D. Non-insured Health Benefits (NIHB) – First Nations and Inuit Health Branch - Health Canada. For more information visit: <https://www.canada.ca/en/health-canada/services/non-insured-health-benefits-first-nations-inuit/benefits-services-under-non-insured-health-benefits-program/medical-transportation-benefits.html>

The program may cover your medical transportation costs if you need to travel within Canada for medical care. This benefit covers the travel costs for you to attend medically necessary health services that are unavailable:

- on reserve
- in your community of residence

Medically necessary health services include:

- medical services, defined as insured services by provincial or territorial health plans, such as:
 - appointments with physicians
 - hospital care
- services covered by provincial or territorial health plans, such as:
 - diagnostic tests
 - medical treatments
- alcohol, solvent, drug abuse and detox treatments
- traditional healers
- non-insured health benefits, such as:
 - [vision](#)
 - [dental](#)
 - [mental health counselling](#)

Medical transportation benefits include:

- travel costs, such as:
 - bus
 - airline
 - private vehicle
- living expenses, such as meals and accommodations
- emergency transportation, such as ambulance by air or ground

The program provides [eligible clients](#) with coverage when it is not available under other federal, provincial, territorial or private health insurance.

Medical transportation benefits may also be provided for an aide (also known as an escort) to travel with you. Coverage for escorts depends on certain requirements being met.

In some cases, the program may cover travel costs to bring health professionals into isolated communities to deliver health services.

	<p>E. Hope Air. For more information visit: https://hopeair.ca/</p> <p>Who qualifies?</p> <ul style="list-style-type: none"> • Canadians in financial need who require assistance with cost of air travel to access medically-necessary healthcare services not available in their home community. • Healthcare service you need must be an “approved” service/treatment (covered by your provincial health plan) and doctor must confirm that you are “medically fit” to fly. <p>What does the Program cover?</p> <p>Hope Air is Canada’s only nation-wide charity providing free flights to people who cannot afford the cost of an airline ticket to get specialized medical care outside their home communities. Flights are provided free-of-charge to eligible clients and are arranged through Canada’s national and regional airlines or on private planes.</p> <p>NOTE: Hope Air will request financial information from you to confirm financial need.</p> <p>F: Air Canada – Kids’ Horizons Hospital Transportation Program. For more information, please contact the pediatric hospital where child will be receiving treatment</p> <p>Children/families in financial need who require assistance with the cost of air travel to access medically-necessary healthcare services not available in their home community.</p> <p>NOTE: Child must require treatment at a pediatric (children’s) hospital in Canada.</p>
<p>Medical ID bracelets/ medical alert services</p>	<p>Canadian Medicalert Foundation. For more information visit: https://www.medicalert.ca/Programs</p>

	<ul style="list-style-type: none"> • Membership Assistance program: Canadians with diabetes (and other potentially life threatening medical conditions) who are in financial need; must have a referral from your physician, nurse, pharmacist or social worker. • No child without program: Canadian children ages 4-14 with diabetes or other medical conditions; program operates in a large number of schools across the country (child must be attending a school that is registered with the program). • First Nations community: Financial assistance is available under Health Canada's Non-Insured Health Benefits (NIHB) program to make MedicAlert services available to First Nations and Inuit families and communities.
<p>Vehicle and Home Modification</p>	<p>A. Residential Rehabilitation Assistance Program for Persons with Disabilities Canada Mortgage and Housing Corporation (CMHC). For more information visit: http://www.cmhc-schl.gc.ca</p> <p>Who qualifies?</p> <p>Homeowners and landlords may qualify for assistance if property is occupied (or intended to be occupied) by a low-income person with a disability; is owned and the house is valued below a certain amount; OR is rented and the rent is less than the established levels for the area; and property does not have any major deficiencies to structure or systems. Assistance is in the form of a fully-forgivable loan (certain conditions apply).</p> <p>What does the Program cover?</p> <p>Home modifications must be related to housing and reasonably related to the occupant's disability. Examples of eligible modifications: ramps, handrails, chair lifts, bath lifts, height adjustments for countertops, cues for doorbells / fire alarms, etc.</p> <p>B. Home Adaptations for Seniors' Independence (HASI) Canada Mortgage and Housing Corporation (CMHC). For more information visit: http://www.cmhc-schl.gc.ca</p> <p>Who qualifies?</p> <p>Homeowners and landlords may qualify for assistance if occupant is 65 years of age or over and has difficulty with activities of daily living due to loss of ability brought on by aging; total household income is at or below the program income limit for the area;</p>

and the home is a permanent residence. Assistance is in the form of a forgivable loan of up to \$3500 (certain conditions apply).

What does the Program cover?

Eligible adaptations must be minor items related to loss of ability (e.g. handrails in hallways, levers on doors, grab bars in bathtub, etc). Adaptations must be permanently installed or fixed to dwelling, improve access to basic facilities within the home and increase the physical safety of the resident.

C. BC Housing – Home Adaptations for Independence program (HAFI). For more information visit: <https://www.bchousing.org/housing-assistance/rental-assistance-financial-aid-for-home-modifications/home-adaptations-for-independence>

HAFI is a grant program for people with diminished physical abilities. It helps low-income households pay for modifications to their home. Many past recipients were older adults but the funding is available to help people of any age and families with children. If you qualify, you could receive up to \$20,000 in financial assistance.

To be eligible, you must be a British Columbia resident with limited income and assets. You or someone in your household must have a permanent disability or loss of ability. The adaptations you request should directly address the limitations or loss of ability.

Alberta

1. **Financial Assistance Programs** (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

For further information on the programs listed below and more assistance programs please view this comprehensive guide: <http://www.diabetes.ca/getmedia/9ea6ef22-b324-426b-a1b6-35ae6b2b072f/Alberta-Financial-Assistance-June-2017.pdf.aspx>

AB	Diabetes Drug Program
<p>Prescription Medication Coverage</p>	<p>Non-Group Coverage through Alberta Health</p> <p>Web: http://www.health.alberta.ca/services/drugs-non-group.html</p> <p>Alberta Residents are eligible for non-group coverage through Alberta Health, administered by Alberta Blue Cross. Non-group coverage is premium-based coverage providing access to supplementary drugs not covered by Alberta Health Care Insurance Plan or other supplementary health benefits. In addition to being a resident of Alberta, you must be under the age of 65, registered with the AHCIP and not in arrears.</p> <p>Coverage for Seniors</p> <p>Web: http://www.health.alberta.ca/services/drugs-seniors.html</p> <p>Alberta Health also provides premium-free coverage for select health-related services not covered by the Alberta Health Care Insurance Plan (AHCIP). This coverage is available to all Albertans 65 years of age and older and their dependents</p> <p>A co-payment is required for each prescription. The co-payment is 30% to a maximum of \$25. Prescription drugs covered under the plan are listed in the Alberta Drug Benefit List (https://www.ab.bluecross.ca/dbl/publications.html#dbl)</p> <p>There are a few cases when you might have to pay more than the \$25 co-payment maximum:</p> <ul style="list-style-type: none"> • If your drug is not listed in the Alberta Drug Benefit List • If you want a more expensive brand of drug than the least cost alternative or generic product, or • If the brand of drug you want costs more than the maximum cost set by Alberta Health for that drug.

Health Benefits for Income Support recipients (Adult and Child)

Web: <http://humanservices.alberta.ca/financial-support/2073.html>

The Alberta Adult Health Benefit program supports Albertans in low income to ensure they have access to prescription drugs, dental services, optical services, emergency ambulance and diabetes supplies that are essential to health and wellbeing.

The Alberta Child Health Benefit plan is for families with limited incomes and pays for health services, such as eyeglasses, prescription drugs and dental care that are not available through standard Alberta Health Care Insurance.

Qualification:

Alberta Adult Health Benefit:

- You are pregnant, and you have limited income
- You have high ongoing prescription drug needs, and limited income according to the program income levels (e.g. Under \$16,580 if single or higher if with children).
- You leave Income Support because you have income from employment, self-employment, or the Canada Pension Plan Disability program
- You leave Assured Income for the Severely Handicapped (AISH) because you have income from employment, self-employment, or the Canada Pension Plan Disability program.

Alberta Child Health Benefit:

- if your family makes below the income criteria amount for your family size and if your children were born in Canada

Veterans Affairs Canada

Web: <http://www.veterans.gc.ca/eng/services/treatment-benefits/poc#poc10>

This program provides financial support to qualified Veterans for the health-care services or benefits available through VACs 14 Programs of Choice. Also, travel expenses incurred when travelling to receive treatment benefits and services may be reimbursed.

Provides coverage for prescription drugs and some over-the counter medications listed on the VAC Drug Formulary for eligible clients. Coverage for less common or higher cost drugs also may be available through Special Authorization.

Qualification:

Veterans, retired CF members, retired RCMP members, etc who are in receipt of VAC disability benefits OR VIP / Longterm Care OR War Veterans Allowance OR CF Income Support, etc. Benefit coverage may vary by client group and by individual. Contact VAC directly for more information.

Non-Insured Health Benefits – First Nations and Inuit Health Branch

Web: <https://www.canada.ca/en/health-canada/services/non-insured-health-benefits-first-nations-inuit.html>

The NIHB Program is a national program that provides coverage to registered First Nations and recognized Inuit for a limited range of medically necessary goods and services to which these clients are not entitled through other plans and programs, including a specified range of drugs, dental care, vision care, medical supplies and equipment, short-term crisis intervention mental health counselling and medical transportation. In cases where a benefit is covered under another plan, the NIHB Program will act to coordinate payment of eligible benefits.

Program covers prescription drugs listed on the NIHB Drug Benefit List (DBL). Coverage for drug products not listed on DBL may be available under special circumstances by “Exception”. Your physician must complete an Exception Drugs Request Form. If your are denied benefit coverage, you have the right to appeal the decision to NIHB (three levels of appeal available). If you have health coverage through your work or any other insurance plan, you must use those insurance plans first before applying for repayment from NIHB.

Qualification:

To qualify for coverage under NIHB, you must be identified as a resident of Canada and one of the following:

- a registered Indian according to the Indian Act;
- an Inuk recognized by one of the Inuit Land Claim organizations; or
- an infant less than one year old whose parent is an eligible recipient

	<p>Pharmaceutical Companies have patient assistance programs normally limited to low-income individuals who do not have private health insurance and do not qualify for government financial assistance programs. Discuss this with your doctor as these are constantly changing and must be applied through your doctor's office.</p>
<p>Diabetes Supplies</p>	<p>Non-Group Coverage through Alberta Health</p> <p>Web: http://www.health.alberta.ca/services/drugs-non-group.html</p> <p>Coverage for Seniors through Alberta Health</p> <p>Web: http://www.health.alberta.ca/services/drugs-seniors.html</p> <p>Diabetes supply coverage is for <u>insulin-treated diabetes</u> only. Up to a maximum of \$600 per eligible person each benefit year is covered for diabetes supplies purchased from a licensed pharmacy. Diabetes supplies include needles, syringes, lancets, and both blood glucose and urine testing strips.</p> <p>http://www.health.alberta.ca/services/diabetic-supplies.html</p> <hr/> <p>Insulin Pump Therapy (IPT) Program</p> <p>Web: http://www.health.alberta.ca/services/insulin-pump-therapy-program.html</p> <p>The Insulin Pump Therapy (IPT) Program provides funding for the cost of insulin pumps and eligible pump supplies for Alberta residents with Type 1 Diabetes that meet eligibility and clinical criteria. The funding is less any amounts covered through government-sponsored agencies and patients' employer-sponsored or private insurance programs.</p> <p>The program covers the complete costs of a pump and the following basic supplies that are essential to pump use:</p> <ul style="list-style-type: none"> ○ Insulin pumps – one every five years; ○ Infusion sets: up to 100 units per 100 days; ○ Insulin cartridges / reservoirs: up to 100 units per 100 days; ○ Serters: up to 1 unit per year; ○ IPT skin preparation (dressings and/or skin adhesives and/or adhesive removers): up to \$100 per year; ○ Blood glucose test strips: up to 700 units per 100 days; ○ Blood ketone test strips: up to 20 units per 100 days; ○ Blood ketone test meter: up to 1 unit every 2 years; ○ Lancets: up to 700 units per 100 days; and ○ Insulin syringes or pen tip needles: up to 100 units per 100 days.

	<p>Qualification:</p> <ul style="list-style-type: none"> • A resident of Alberta and eligible for coverage under the Alberta Health Care Insurance Plan. • Must have been diagnosed with Type 1 diabetes and be under the care of a physician or nurse practitioner for the condition. • The patient must meet the clinical criteria established by Alberta Health Services for the IPT Program. • The patient must follow the steps outlined in the IPT Program for new or existing IPT users. • http://www.health.alberta.ca/documents/Insulin-Pump-Therapy-Program-Eligibility.pdf <p>Health Benefits for Income Support recipients (Adult and Child)</p> <p>Web: http://humanservices.alberta.ca/financial-support/2073.html</p> <p>The program covers essential diabetes supplies such as injection supplies, testing strips, lancets, and penlets.</p> <p>Qualification:</p> <p>The criteria are the same as those found under the Prescription Medication Coverage section under this same program heading.</p> <p>Veterans Affairs Canada:</p> <p>Provides coverage for diabetes supplies (including strips, lancets, syringes, pen needles, etc) listed on the VAC Drug Formulary for eligible Veterans, retired CF members, retired RCMP members, etc. Benefit coverage may vary by client group and by individual. Contact VAC directly for more information.</p> <p>Non-Insured Health Benefits – First Nations and Inuit Health Branch:</p> <p>Provides coverage for diabetes supplies (including strips, lancets, syringes, pen needles, pump supplies, etc) listed on the NIHB Drug Benefit List for eligible First Nations and Inuit recipients. Contact NIHB directly for more information.</p>
<p>Assistive Devices</p>	<p>Non-group Coverage:</p> <p>Web: http://www.health.alberta.ca/services/drugs-non-group.html</p> <p>The qualification for this coverage is as above under the same program heading. It covers for prosthetic and orthotic benefits is up to 25% of the maximum allowable amount for items included on the benefit list as defined by Alberta Health. Coverage</p>

	<p>includes the purchase or repair of artificial eyes, prosthetic devices (except myoelectric-controlled prostheses) and braces required for six months or longer. A physician's written order is required. Foot orthotics are not included as a benefit.</p>
	<p>Alberta Aids to Daily Living</p> <p>Web: http://www.health.alberta.ca/services/aids-to-daily-living.html</p> <p>The Alberta Aids to Daily Living (AADL) program helps Albertans with a long-term disability, chronic illness or terminal illness to maintain their independence at home, in lodges or group homes by providing financial assistance to buy medical equipment and supplies.</p> <p>An assessment by a health care professional determines the equipment and supplies that an Albertan can receive through this program.</p> <p>Albertans pay 25% of the benefit cost to a maximum of \$500 per individual or family per year. Low-income Albertans and those receiving income assistance are exempt from paying the cost-sharing portion. Examples of benefits:</p> <ul style="list-style-type: none"> • Custom-made footwear • Bathing and toileting equipment • Custom-made ocular prostheses • Hearing aids and FM systems • Orthotic braces (not foot orthotics) • Prosthetic devices • Walkers and walking aids • Wheelchairs – manual and power <p>For a complete list, please see http://www.health.alberta.ca/services/AADL-benefits.html</p>

2. Information on Diabetes: Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

<p>Alberta Diabetes Education Centers: Services at each center can vary but include: education and adjustment of diabetic medications, appointments with endocrinologists, nutritional guidance, healthy living classes, insulin pump initiation, psychosocial support and diabetes in pregnancy</p>		
<p>Calgary Zone</p>	<p>Richmond Road Diagnostic & Treatment Centre (RRDTC) 2nd Floor, 1820 Richmond Road SW Calgary, AB T2T 5C7</p>	<p>Rockyview General Hospital (RGH) Holy Cross Ambulatory Care Centre 2nd Floor , 7007 14 Street SW</p>

DIP: diabetes in pregnancy	<p>Central booking: 403-955-8146 Central fax: 403-955-8634 (referrals)</p>	<p>Calgary, AB T2V 1P9 Phone: 403-943-3495 DIP Only Central fax: 403-955-8634 (referrals)</p>
	<p>Foothills Medical Centre (FMC) 2nd Floor, North Tower 1403 29 Street NW Calgary, AB T2N 2T9 Phone: 403 944-2122 DIP only Central fax: 403-955-8634 (referrals)</p>	<p>East Calgary Health Centre (EHC) 4715 8 Ave SE Calgary, Alberta T2A 3N4 Phone: 403-955-8118 Central fax: 403-955-8634 (referrals)</p>
	<p>South Health Campus (SHC) 7th Floor, 4448 Front Street South Health Campus Calgary, AB T3M 1M4 Phone: 403-956-2578 DIP only Central Fax: 403-955-8634 (referrals)</p>	<p>South Health Calgary Centre (SHCH) 1st Floor, 31 Sunpark Plaza SE Calgary, AB T2X 3W5 Central booking: 403-955-8634 Central Fax: 403-955-8634 (referrals)</p>
	<p>Cochrane Community Health Centre 2nd Floor, 60 Grande Blvd Cochrane, AB T4C Central booking: 403-955-8634 Central Fax: 403-955-8634 (referrals)</p>	<p>Alberta Children's Hospital Diabetes Clinic, 3rd Floor 2888 Shaganappi Trail, NW Calgary, Alberta T2N 1N4 Phone: 403-955-7003 Fax: 403-955-7639</p>
Edmonton Zone	<p>Grey Nuns Community Hospital 100 Youville Drive NW Edmonton, AB T6L 5X8 Central Booking: 780-401- 2665 Central Fax: 780-735-3553 (referrals)</p>	<p>Kaya Edmonton Clinic 3B.101, 11400 University Avenue Edmonton, AB T6G 1Z1 Central Booking: 780-407-6696 Central Fax: 780-735-3553 (referrals)</p>
	<p>Misericordia Community Hospital 16940 87 Avenue Edmonton, AB T5R 4H5 Central Booking: 780-401-2665 Central Fax: 780-735-3553 (referrals)</p>	<p>Plaza 124 Building 10216 124 Street Edmonton, AB T5N 4A3 Central Booking: 780-401-2665 Central Fax: 780-735-3553 (referrals)</p>

	<p>Royal Alexandra Hospital</p> <p>10240 Kingsway Avenue NW</p> <p>Edmonton, AB T5H 3V9</p> <p>Central Booking: 780-401-2665 Central Fax: 780-735-3553 (referrals)</p>	<p>Strathcona Community Hospital</p> <p>9000 Emerald Drive</p> <p>Sherwood Park, AB T8H 0J3</p> <p>Central Booking: 780-401-2665 Central Fax: 780-735-3553 (referrals)</p>
	<p>Sturgeon Community Hospital</p> <p>201 Boudreau Road</p> <p>St. Albert, AB T8N 6C4</p> <p>Central Booking: 780-401- 2665 Central Fax: 780-735-3553 (referrals)</p>	<p>Stollery Children’s Hospital</p> <p>Unit 1C4, 8440 112 Street</p> <p>Edmonton, AB T6G 2B7</p> <p>Phone: 780-407-6888</p> <p>Fax: 780-407-1509</p>
Central Alberta	<p>Alberta Healthy Living Program</p> <p>5610-40 Ave</p> <p>Wetaskiwin AB T9A 3E4</p> <p>Phone: 403-314-6997</p> <p>Fax: 1-877-314-6993</p>	<p>Alberta Healthy Living Program</p> <p>4755-49th Street Bay C</p> <p>Red Deer AB, T4N 1T6</p> <p>Phone: <u>403-314-6997</u> Fax: 1-877-314-6993</p>
Southern Alberta	<p>Vulcan Community Health Centre</p> <p>610 Elizabeth Street</p> <p>Vulcan, Alberta T0L 2B0</p> <p>Phone: <u>403-485-3333</u></p>	<p>Strathmore District Health Services</p> <p>200 Brent Boulevard</p> <p>Strathmore, Alberta T1P 1J9</p> <p>Phone: <u>403-361-7000</u></p>
	<p>Okotoks Health and Wellness Centre</p> <p>11 Cimarron Common</p> <p>Okotoks, AB T1S 2E9</p> <p>Phone: <u>403-652-0117</u> Phone: <u>403-995-2600</u></p>	<p>High River Health Services Annex</p> <p>702 6 Street SW</p> <p>High River, AB T1V 1B3</p> <p>Phone: <u>403-652-0117</u></p>
	<p>Didsbury District Health Services</p> <p>1210 20 Avenue</p> <p>Didsbury, AB T0M 0W0</p>	<p>Canmore General Hospital</p> <p>1100 Hospital Place</p> <p>Canmore, AB T1W 1N2</p>

	Phone: <u>403-335-9393</u>	Phone: <u>403-678-5536</u>
	Banff Community Health Centre 303 Lynx Street Banff, AB T1L 1B3 Phone: <u>403-762-2990</u>	Alberta Healthy Living Program Suite 100 – 88 Valleyview Drive SW Medicine Hat, AB T1A 8N6 Phone: <u>403-529-8969</u> Fax: 403-528-5602
	Alberta Healthy Living Program 424-5th Street South Lethbridge AB, T1J 2B7 Phone: <u>403-388-6654</u> Fax: 403-317-0435	For more locations contact: Calgary and District Branch 220 6223 2nd Street SE Calgary AB T2H 1J5 Phone 403-266-0620 Fax: 403 269-8927
Northern Alberta	Grand Prairie Diabetes Clinic 1st Floor, Provincial Building 10320-99 Street Grand Prairie AB, T8V 6J4 Phone: <u>780-513-7500</u> Fax: 780-532-1550	Fort McMurray Primary Care Network 9908 Penhorwood Street Fort McMurray AB, T9H 3N3 Phone: <u>780-788-1765</u> Fax: 780-788-1764
		For more locations contact: Edmonton and District Branch Suite 104, 12220 Stony Plain Road Edmonton, AB T5N 3Y4 Phone: 780-423-1232 Fax: 780-423-3322

<p>Patient Education Resources: There are a number of web based and in-person resources that are catered to patients with Diabetes to provide more information on the disease itself, as well as preventing and managing complications to promote the healthiest life</p>	
<p>General Resources</p>	<p>Alberta Healthy Living Program</p> <p>This website provides region specific resources to individuals living with chronic medical conditions.</p> <p>Website: https://www.albertahealthservices.ca/info/page13984.aspx</p> <p>Resources are split between health education and self management. Focus on diabetes, weight loss, heart health, chronic pain. Information about classes, clinics etc.</p>
	<p>MyHealth.Alberta.ca</p> <p>This website was created by the Alberta Government and Alberta Health Services to provide easy to understand health information and tools for individuals.</p> <p>Website: https://myhealth.alberta.ca/Pages/default.aspx</p> <p>This resource can provide information on health conditions, healthy living, medication and test and treatments. You can also find educational videos, symptom checkers, emergency phone numbers and healthcare providers.</p>
	<p>Diabetes Canada</p> <p>In addition to this website being a key “go-to” for patients with Diabetes when it comes to education, resources, social and financial support, there is also region specific information on local events and programs within Alberta.</p> <p>Website: http://www.diabetes.ca/in-your-community/local-programs-events/find-a-program-or-event?Region=AB</p>
<p>Web Based Materials</p>	<p>Online Education Sessions</p> <p>This resource is compiled by the University of Calgary Chronic Disease Management Group. It contains a number of online courses for patients with Diabetes.</p>

	<p>Some topics include: diabetes essentials, testing blood sugars, healthy eating, label reading, physical activity and diabetes, diabetic medications.</p> <p>Website: http://ucalgary.ca/cdm/OnlineClasses</p> <hr/> <p>Better Choices, Better Health</p> <p>This is an online chronic disease self management program where patients undergo a 6-week program with the overarching goals of:</p> <ul style="list-style-type: none"> - Finding practical ways to deal with pain, fatigue, and stress - Discover better nutrition and exercise choices - Make informed treatment decisions - Learn better ways to talk with your doctor and family about your health - Get the support you need <p>Website: https://betterchoicesbetterhealth.ca/online/hl/hlMain</p> <p>Online classes also at: https://www.albertahealthservices.ca/info/page13984.aspx</p>
<p>In Person Classes</p>	<p>The Alberta Healthy Living Program has created a number of in person classes.</p> <hr/> <p>Calgary Zone</p> <p>Use the “find a workshop guide” to determine helpful workshops based on your interests/medical conditions: https://www.albertahealthservices.ca/assets/programs/ps-cdm-calgary-ahlp-find-a-workshop-guide.pdf</p> <p>Spring/Summer 2018 Workshop guide: https://www.albertahealthservices.ca/assets/programs/ps-cdm-calgary-ahlp-program-guide-spring-summer-2018.pdf</p> <p>Diabetes specific workshops include:</p> <ul style="list-style-type: none"> - Diabetes Essentials - Eating Well for Good Health - Nutrition: Eating Away from Home and During Special Occasions

- Nutrition: I Know I Should Eat Healthy, But How?
- Nutrition: The Top 5 Tips to Reduce Calories
- Nutrition: The Truth About What Works in Weight Management
- Pre-diabetes: Lower Your Risk of Type 2 Diabetes
- Waking up to Healthy Sleep
- Better Choices, Better Health

To Register: Website: <https://app.booking.ca/ahlp Calgarypub/index.asp>

Call 403-943-2584

Edmonton Zone

Use the “find a workshop guide” to determine helpful workshops based on your interests/medical conditions: <https://www.albertahealthservices.ca/assets/programs/ps-cdm-apr-jun-calendar.pdf>

Quick look class description guide:

<https://www.albertahealthservices.ca/assets/programs/ps-cdm-class-descrip.pdf>

Diabetes specific workshops include:

- Taking Charge – Daily Management of Type 2 Diabetes
- Taking Charge – Long Term Management of Diabetes
- Diabetes: Healthy Eating
- Diabetes: Meal Planning
- Insulin for Type 2 Diabetes – Basics
- Physical Activity and Type 2 Diabetes
- Foot Care
- Pre-diabetes

To Register: Call 780-401- 2665 (BOOK)

Other Regions: Refer to The Alberta Healthy Living Website:

<https://www.albertahealthservices.ca/info/page13984.aspx>

- Go to the region of choice
- Look under “Program Guide and Registration Section”

Smoking Cessation	<p>Alberta Quits</p> <p>This resource which is under Alberta Health Services provides online, phone, text and group support for individuals and family members of individuals who smoke to enable and maintain quitting. You can create a personalized “Quit Plan”.</p> <p>Website: https://www.albertaquits.ca</p>

<p>Indigenous Populations</p> <p>Other resources: http://nada.ca</p>	<p>Indigenous Health Program</p> <p>This program provides diabetes education using a holistic and cultural approach for First Nations (Status and Non Status), Metis and Inuit patients and their families. This clinic provides a four day culturally based holistic diabetes education program (meals and accommodation included) as well as 1 day follow up appointments with the wellness team. This service is for pre-existing or newly diagnosed patients and patients are encouraged to bring a support person.</p>	
	<p>Southland Park III</p> <p>10101 Southport Road</p> <p>Calgary, AB T2W 3N2</p> <p>Phone: 403-943-1211</p>	<p>Royal Alexandra Hospital</p> <p>10240 Kingsway Avenue NW</p> <p>Edmonton, AB T5H 3V9</p> <p>Phone: 780-735-5326</p>
	<p>Cross Cancer Institute</p> <p>11560 University Avenue</p> <p>Edmonton, AB T6G 1Z2</p> <p>Phone: 780-432-8747</p>	<p>University of Alberta Hospital</p> <p>8440 112 Street</p> <p>Edmonton, AB T6G 2B7</p> <p>Phone: 780-407-7092</p>

	<p>North Zone: https://www.albertahealthservices.ca/findhealth/service.aspx?id=7805</p> <p>South Zone: https://www.albertahealthservices.ca/findhealth/service.aspx?id=1069903</p> <p>Central Zone: https://www.albertahealthservices.ca/findhealth/service.aspx?id=1028802</p>

3. Vision and Dental care

<p>Vision and Dental Care</p>	<p>Health Benefits for Income Support recipients (Adult Health Benefit & Child Health Benefit) – Alberta Works/Alberta Human Services</p> <p>Web: http://humanservices.alberta.ca/financial-support/2073.html</p> <p>It covers:</p> <ul style="list-style-type: none"> • eye exams and glasses: every 2 years for adults, eye exams and eyeglasses each year for dependents up to 18 • dental care: extractions, fillings, cleaning, annual exams, X rays <p>Qualification:</p> <p>The criteria are the same as those found under the Prescription Medication Coverage section under this same program heading.</p> <hr/> <p>Alberta Health Care Insurance Plan (AHCIP) – Limited benefits for optometry and dental services – Alberta Health</p> <p>Web: http://www.health.alberta.ca/AHCIP/what-is-covered.html</p>
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The AHCIP provides partial coverage for optometry services received in Alberta, but not outside the province. These services have benefit limits or maximums per benefit year, which is from July 1 to June 30. The AHCIP also provides coverage for some specialized dental, oral and maxillofacial surgical services. When the charge for a service exceeds the benefit limit, patients or their secondary insurer (if applicable) must pay the difference in cost. Always discuss treatment details and associated costs with a health care professional before you get the service. Consult with your health care professional regarding services covered.

Dental and Optical Assistance for Seniors programs – Alberta Health

Web: <http://www.seniors-housing.alberta.ca/seniors/dental-optical-assistance.html>

The Dental and Optical Assistance for Seniors programs are based on income and provide low- to moderate-income seniors with financial assistance for basic dental and optical services that help maintain a reasonable level of health.

It covers up to a maximum of \$5,000 of coverage for eligible procedures every 5 years under the Dental program and up to \$230 every three years for prescription eyeglasses under the Optical program.

- Optical: Only prescription eyeglasses, including lenses and frames dispensed by a recognized optical provider, will be considered.

Qualification:

- must be 65 years of age or older and
- have an income level within the limits allowed by the program and
- must have resided in Alberta at least three months immediately before applying and
- must also be a Canadian citizen or have been admitted into Canada for permanent residence (landed immigrant).

Federal Government Programs for Specific Client Groups – Veterans Affairs Canada (VAC), Non-Insured Health Benefits (NIHB) – First Nations and Inuit

Veterans Affairs Canada (VAC) Program covers eye examinations, lenses, frames and accessories for eligible Veterans, retired CF members, retired RCMP members, etc.

	<p>Benefit coverage may vary by client group and by individual. Contact VAC directly for more information at 1- 866-522-2122 or visit: http://www.veterans.gc.ca/eng/services/treatment-benefits/poc#poc14</p> <p>When not covered by another plan or program, NIHB – First Nations and Inuit Health Branch covers the cost of general eye/vision exams every 24 months for eligible clients 18 years and over, every 12 months for those under 18; a person with diabetes is eligible for a complete eye exam every 12 months. Prescription eyeglasses once every 2 years for eligible clients 18 years and over, and once every year for eligible clients under 18. If any major change in prescription, may be eligible for coverage sooner. Program also covers eyeglass repairs and eye prosthesis (artificial eye). Specific maximums (\$) may apply. To be eligible for NIHB benefits, you must belong to one of the following groups: a registered Indian according to the Indian Act; an Inuk recognized by one of the Inuit Land Claim organizations; or an infant less than 1 year of age whose parent is an eligible recipient. Contact NIHB directly for more information at 1-800-640-0642 or visit https://www.canada.ca/en/health-canada/services/non-insured-health-benefits-first-nations-inuit.html</p>
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4. Foot care

Foot Care	<p>Alberta Health Care Insurance Plan (AHCIP) – Limited benefits for Podiatry services – Alberta Health</p> <p>Web: http://www.health.alberta.ca/AHCIP/what-is-covered.html</p> <p>The AHCIP provides partial coverage for podiatry services received in Alberta, but not outside the province. These services have benefit limits or maximums per benefit year, which is from July 1 to June 30. When the charge for a service exceeds the benefit limit, patients or their secondary insurer (if applicable) must pay the difference in cost. Always discuss treatment details and associated costs with a health care professional before you get the service. Consult with your health care professional regarding services covered.</p>
	<p>Federal Government Programs for Specific Client Groups - Veterans Affairs Canada (VAC), Non-Insured Health Benefits (NIHB) – First Nations and Inuit</p> <p><u>Healthcare Benefits Program (POC 11 – Prosthetics and Orthotics) - Veterans Affairs Canada (VAC)</u></p>

	<p>Program covers basic or advanced foot care services for eligible Veterans, retired CF members, retired RCMP members, etc. Program also provides coverage for prosthetics, orthotics, arch supports/insoles, custom-built orthotics /shoes/winter boots, modifications to regular footwear, etc. Benefit coverage may vary by client group and by individual. Contact VAC directly for more information.</p> <p><u>Non-Insured Health Benefits (NIHB) – First Nations and Inuit Health Branch - Health Canada</u></p> <p>When not covered by any other plan or program, NIHB covers custom-made orthotics and footwear for eligible clients. Specific maximums (\$) may apply. “Off the shelf” orthopedic shoes and foot products manufactured only from laser or optical scanning or computerized gait and pressure analysis systems are not covered. To be eligible for NIHB benefits, you must belong to one of the following groups: a registered Indian according to the Indian Act; an Inuk recognized by one of the Inuit Land Claim organizations; or an infant less than 1 year of age whose parent is an eligible recipient. Contact NIHB directly for more information.</p>
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5. Home and travel assistance: includes travel/transport assistance, medical travel, health equipment coverage, vehicle and home modification.

<p>Home and Vehicle Modification Assistance</p>	<p>Residential Rehabilitation Program for Persons with Disabilities</p> <p>Homeowners and landlords may qualify for assistance if property is occupied (or intended to be occupied) by a low income person with a disability; is owned and the house is valued below a certain amount; OR is rented and the rent is less than the established levels for the area; and property does not have any major deficiencies to structure or systems. Assistance is in the form of a fully-forgivable loan (certain conditions apply).</p> <p>Home modifications must be related to housing and reasonably related to the occupant’s disability. Examples of eligible modifications: ramps, handrails, chair lifts, bath lifts, height adjustments for countertops, cues for doorbells / fire alarms, etc.</p>
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	<p>Home Adaptations for Seniors' Independence (HASI)</p> <p>Homeowners and landlords may qualify for assistance if occupant is 65 years of age or over and has difficulty with activities of daily living due to loss of ability brought on by aging; total household income is at or below the program income limit for the area; and the home is a permanent residence. Assistance is in the form of a forgivable loan of up to \$3500 (certain conditions apply).</p> <p>Eligible adaptations must be minor items related to loss of ability (e.g. handrails in hallways, levers on doors, grab bars in bathtub, etc). Adaptations must be permanently installed or fixed to dwelling, improve access to basic facilities within the home and increase the physical safety of the resident</p>
<p>Medical Travel Assistance</p>	<p>Federal Government Programs for Specific Client Groups – Veterans Affairs Canada (VAC), Non-Insured Health Benefits (NIHB) – First Nations and Inuit Health Branch</p> <p><u>Healthcare Benefits Program (POC 2 – Ambulance / Medical Travel Services)</u> – Veterans Affairs Canada Program provides coverage for costs related to travel for health care services/medical treatment for eligible Veterans, retired CF members, retired RCMP members, etc. Eligible expenses include items such as transportation, parking, meals, lodging, approved out-of-province travel and, when required, someone to accompany you while you are travelling for treatment. Travel must be within Canada (at nearest treatment centre able to treat you), by the most convenient and economical means appropriate to the medical condition of the Veteran. Benefit coverage may vary by client group and by individual. Contact VAC directly for more information.</p> <p><u>Non-Insured Health Benefits (NIHB) (Medical Transportation Benefits)</u> – First Nations and Inuit Health Branch - Health Canada Program covers cost of travel for medically-necessary health services not available in your local community (e.g. travel for doctor's appointments, hospital care, health programs available to other B.C. residents, other eligible NIHB healthcare services, alcohol/solvent/drug abuse and detox treatment programs). Treatment must be at nearest healthcare facility able to treat you, using the most economical and efficient means of transportation (appropriate to your medical condition). Program may also provide assistance to cover cost of meals and accommodation. Access to Medical Transportation Benefits requires approval in advance, except in emergency situations. To be eligible for NIHB</p>

	<p>benefits, you must belong to one of the following groups: a registered Indian according to the Indian Act; an Inuk recognized by one of the Inuit Land Claim organizations; or an infant less than 1 year of age whose parent is an eligible recipient. Contact NIHB directly for more information. See https://www.canada.ca/en/health-canada/services/non-insured-health-benefits-first-nations-inuit.html for more information.</p>
	<p>Hope Air</p> <p>Web: https://hopeair.ca/</p> <p>Canadians in <u>financial need</u> who require assistance with cost of air travel to access <u>medically-necessary healthcare services not available in their home community</u>. Healthcare service you need must be an “approved” service/treatment (covered by your provincial health plan) and doctor must confirm that you are “medically fit” to fly.</p> <p>Hope Air is Canada’s only nation-wide charity providing free flights to people who cannot afford the cost of an airline ticket to get specialized medical care outside their home communities. Flights are provided free-of-charge to eligible clients and are arranged through Canada’s national and regional airlines or on private planes.</p>
	<p>Air Canada – Kids’ Horizons Hospital Transportation Program</p> <p>Children/families in <u>financial need</u> who require assistance with the cost of air travel to access medically-necessary healthcare services not available in their home community. NOTE: Child must require treatment at a pediatric (children’s) hospital in Canada.</p> <p>Program operates through approximately 15 pediatric hospitals across Canada. Program covers cost of air travel from home community to pediatric hospital where child will be receiving treatment. Families must be in financial need. NOTE: Requests for assistance must be submitted through pediatric hospital where child will be receiving treatment. Parents cannot contact Air Canada directly to request assistance.</p>

Alberta Content by: Nadia Moledina, Internal Medicine Resident, University of Calgary and Shivani Upadhyaya, Internal Medicine Resident, University of Alberta

Saskatchewan

1. Financial Assistance Programs (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

<p>Private Insurance Plans (offered by specific employers or associations)</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • An employee of a company that provides group health benefits (or a dependent of said employee). • A retired person who is eligible for group health benefits/prescription drug benefits as part of a retirement package (or their spouse). • A member of an association or agency that provides members access to group health benefits (or a dependent of said employee). <p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • Contact the Human Resources Department at your place of employment to see if there is a group health benefit plan and how to access it. • Contact your insurance carrier to determine the extent of your coverage, any deductibles, copays, etc., prior to visiting your pharmacy. <p>To ensure your plan covers a particular medication, contact your insurance carrier and provide them with the drug identification number (DIN) of the medication you are prescribed. You can search for the DIN at https://health-products.canada.ca/dpd-bdpp/index-eng.jsp or contact your pharmacy.</p>
<p>Exception Drug Status (EDS) Program Offered by Saskatchewan Ministry of Health Phone: (306) 787-8744 or Toll Free: 1-800-667-2549</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • Those who have a portion of or total costs of their prescription medications covered by the Saskatchewan Provincial Drug Plan (e.g. Senior’s Drug Plan, Children’s Drug Plan, Special Support Plan, etc. – these are discussed below). • Those who are prescribed a non-formulary medication and meet the specified EDS criteria as indicated in Appendix A on the Saskatchewan Provincial Drug Plan website: http://formulary.drugplan.ehealthsask.ca/EDStProg.aspx <p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • Your pharmacist or physician can call or fax in the required information to the Saskatchewan Provincial Drug Plan. Phone requests will be

	<p>processed immediately. Faxed requests may take 1-2 weeks to process: http://formulary.drugplan.ehealthsask.ca/PDFs/EDS_form.pdf</p> <ul style="list-style-type: none"> • If it is unclear whether or not you meet the required criteria, your physician might need to be contacted for more information. • The length of coverage is predetermined and reapplication may need to occur in the future. • Some private insurance plans require EDS approval for these medications. If you receive approval for an EDS medication, forward a copy of your approval letter to your private insurance plan to possibly receive additional coverage. <p><i>Additional information:</i></p> <ul style="list-style-type: none"> • https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/exception-drug-status
<p>Special Support Program Offered by Saskatchewan Ministry of Health Phone: (306) 787-3317 or Toll Free: 1-800-667-7581</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • Those whose drug costs are high in relation to their income. The Saskatchewan Provincial Drug Plan calculates a deductible and copay that may reduce your drug costs based on income tax documentation and drug cost records. • An individual or family may apply for this program. • Drugs or diabetic supplies must be listed on the Saskatchewan Prescription Drug Plan Formulary to qualify for coverage. EDS coverage must be met and obtained for those specified drugs. • You do not need a prescription from your doctor for your diabetic supplies for coverage. Your pharmacist may prescribe for you. <p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • There are two application forms available. Both require income documentation (e.g. Notice of Assessment from tax return, pay stubs, bank account information, etc.): <ul style="list-style-type: none"> 1) <u>CRA Application/Consent form (“Side A”)</u> – Allows the Ministry access to your income information through CRA. Only needs to be filled out once as coverage will be automatically renewed. http://formulary.drugplan.ehealthsask.ca/SpecSuptAppForms.aspx 2) <u>Annual Application (“Side B”)</u> – Does not allow the Ministry access to your income information. Must be filled out by Oct 1 annually with accompanying income documentation or coverage will be terminated. http://formulary.drugplan.ehealthsask.ca/SpecSuptAppForms.aspx • A notification letter will be sent detailing your application results.

	<ul style="list-style-type: none"> • If your income or medication costs change, you can submit a written request for reassessment to the Saskatchewan Prescription Drug Plan or your pharmacist can call in on your behalf. <p><i>Additional information:</i></p> <ul style="list-style-type: none"> • Coverage will only begin once you have paid the required deductible. This deductible resets January 1st and July 1st each year. You may also be required to pay a co-pay for each prescription. • The deductible is based on 3.4% of the total family income and is adjusted for number of dependents. The copay is calculated using the total family income and actual drug costs. • https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/special-support-program
<p>Senior’s Drug Plan Offered by the Saskatchewan Ministry of Health Phone: (306) 787-3317 or Toll Free: 1-800-667-7581</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • Seniors who are 65 years or older and meet the individual income threshold based on the provincial age credit (Line 236 of your income tax form for the previous year). • Seniors covered under Veterans Affairs or NIHB are not eligible. • Prescriptions are \$25 each under this plan for formulary medications; however, if you already pay less than \$25 per prescription, you will continue to pay the lower amount. • Drugs or diabetic supplies must be listed on the Saskatchewan Prescription Drug Plan Formulary to qualify for coverage. EDS coverage must be met and obtained for those specified drugs. <p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • There are two application forms available. “Form A” allows the Ministry to access your income information through the CRA and only needs to be filled out once as coverage is renewed automatically. “Form B” does not allow the Ministry access to your income information and needs to be submitted annually. http://formulary.drugplan.ehealthsask.ca/SenrDrugPlanForms.aspx • A notification letter will be sent detailing your application results. <p><i>Additional information:</i></p>

	https://www.saskatchewan.ca/residents/health/accessing-health-care-services/seniors-drug-plan#1-eligibility
<p>Supplementary Health Benefits</p> <p>Offered by the Saskatchewan Ministry of Health Phone: (306) 787 3124 or Toll Free: 1-800-266-0695</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • Wards of the government • Inmates of provincial correctional institutions • Residents of special care facilities who are eligible for the Senior’s Drug Plan • Those enrolled in one of the following income support programs: SAID – Saskatchewan Assured Income for Disability SAP – Saskatchewan Assistance Program TEA – Transitional Employment Allowance PTA – Provincial Training Allowance • There are 3 different plans, which all cover insulin and oral antidiabetic medications: <u>Plan 1:</u> \$2 per formulary prescription <u>Plan 2:</u> If you are on Plan 1 and require 5 or more chronic medications, those formulary medications will be free of charge. Yourself or a health care provider may submit the request to change from Plan 1 to Plan 2 by calling 1-800-667-7581. <u>Plan 3:</u> For those who reside in special care homes. You will receive formulary medications and some additional prescribed drugs for free. <u>All plans:</u> Individuals under the age of 18 will receive formulary prescriptions for free. <p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • Must belong to one of the above groups and benefits will automatically occur at the pharmacy when your health card is presented. • If you feel you may qualify for one of the income support programs (SAID, SAP or TEA), please contact the Ministry of Social Services at 1-866-221-5200. • If you are a low-income adult student enrolled in full time education, workforce development or skills training programs, and feel you might qualify for PTA, please contact Student Services and Program Development Branch at 1-800-597-8278. <p><i>Additional Information:</i></p> <p>https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/supplementary-health-benefits</p>

<p>Income Supplements</p> <p>Offered by Saskatchewan Ministry of Health Phone: (306) 787-3317 or Toll Free: 1-800-667-7581</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • Canadians 65 years and older who qualify for the federal Guaranteed Income Supplement (GIS) receive prescription and diabetic supplies coverage with a \$200 deductible that resets January 1st and July 1st each year. You are then responsible for 35% of the cost of prescriptions (to a maximum of \$25 per prescription as per the Seniors Drug Plan). • If you qualify for GIS and live in a special care home, your deductible is reduced to \$100 semi-annually. <p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • Applications must be done through Social Services at 1-800-667-7161. • Additional coverage can be obtained through the Special Support Program. <p><i>Additional information:</i></p> <p>https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/income-supplements</p>
<p>Family Health Benefits</p> <p>Offered by the Ministry of Social Services Phone: (306) 787 4723 or Toll Free: 1-888-488-6385</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • Low-income families who are receiving the Saskatchewan Employment Supplement or Saskatchewan Rental Housing Supplement. • Families receive prescription and diabetic supplies coverage with a \$100 deductible that resets January 1st and July 1st each year. You are then responsible for 35% of the cost of prescriptions (co-pay). • Children under the age of 18 belonging to families with Family Health Benefits will receive prescriptions/diabetic supplies on the Saskatchewan Formulary free of charge. <p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • Must apply through the Ministry of Social Services (see above). • Additional coverage can be obtained through the Special Support Program. <p><i>Additional information:</i></p> <p>https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/family-health-benefits</p>

<p>Emergency Assistance</p> <p>Offered by Saskatchewan Ministry of Health</p> <p>Phone: (306) 787 3317 or Toll Free: 1-800-667-7581</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • In an emergency situation where a Saskatchewan resident with a valid health card requires immediate treatment with medication on the Saskatchewan Formulary but is unable to cover the costs, a limited supply (maximum one month) of the medications may be dispensed at a reduced cost (e.g. new diagnosis of diabetes and many new medications started after being discharged from hospital). • This allows for time for Special Support or another means of drug coverage to be obtained. <p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • Your community pharmacy must call the Saskatchewan Drug Plan to obtain coverage for you if Emergency Assistance is required. <p><i>Additional information:</i></p> <p>https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/emergency-assistance-for-prescription-drugs</p>
<p>Children’s Drug Plan</p> <p>Offered by Saskatchewan Ministry of Health</p> <p>Phone: (306) 787 3317 or Toll Free: 1-800-667-7581</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • Children 14 years of age and younger. • A maximum of \$25 per prescription will be charged. If you already pay less than \$25 per prescription for your child, you will continue to pay the lower amount. • Drugs or diabetic supplies must be listed on the Saskatchewan Prescription Drug Plan Formulary to qualify for coverage. EDS coverage must be met and obtained for those specified drugs. • Children covered under NIHB do not qualify. <p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • No application is required. Benefits will automatically be applied at your pharmacy when your child’s health card is presented. <p><i>Additional information:</i></p> <ul style="list-style-type: none"> • https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/childrens-drug-plan

<p>Saskatchewan Insulin Pump Program Offered by Saskatchewan Ministry of Health Phone: (306) 787 7121</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • For those under the age of 25 years old who require an insulin pump to adequately control their diabetes. • Must be managed by an endocrinologist or another specialist physician that is associated with a Saskatchewan Health Authority diabetes program. • One insulin pump will be covered every 5 years. • Insulin pump supplies become a benefit under the Saskatchewan Provincial Drug Plan for those who meet the criteria for the Insulin Pump Program (i.e. you pay whatever you would normally pay for prescription drugs). <p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • Once you have been assessed by an endocrinologist or other specialist physician, the specialist or a diabetes education program will submit an application to the Saskatchewan Aids to Independent Living (SAIL) program on your behalf. <p><i>Additional information:</i></p> <ul style="list-style-type: none"> • https://www.saskatchewan.ca/residents/health/accessing-health-care-services/insulin-pump-program#eligibility
<p>Veterans Affairs Canada (VAC) Prescription Drug Program (POC 10) Offered by the Government of Canada Toll Free: 1-866-522-2122</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • Must have a VAC Health Care Identification Card with an “A” and/or “B” indicated under the heading “Program Number 10” (veterans, active or retired Canadian Forces members, RCMP members, etc.). • Provides coverage for diabetes prescriptions (including insulin) as well as diabetic supplies (test strips, lancets, pen needles, etc.) that are listed on the VAC Drug Formulary: http://www.veterans.gc.ca/eng/services/health/treatment-benefits/poc/poc10/search • Coverage will vary by client group and by individual.

	<p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • Contact Veterans Affairs Canada directly to receive your Health Care Identification Card and determine the benefits you are eligible for. • Simply present your prescription and VAC Health Care Identification Card to your pharmacy to obtain coverage. • If you wish to obtain coverage for a medication not on the VAC Formulary a request can be submitted to the Pharmacy Support Unit (1-866-522-2122). This will require a letter from the physician explaining your diagnosis and why this medication is required. <p><i>Additional information:</i></p> <ul style="list-style-type: none"> • http://www.veterans.gc.ca/eng/services/health/treatment-benefits/poc#poc10
<p>Non-Insured Health Benefits (NIHB) Program</p> <p>Offered by the Government of Canada</p> <p>Toll Free: 1-866-885-3933</p>	<p><i>Who qualifies for benefits?</i></p> <ul style="list-style-type: none"> • Must be a resident of Canada and one of the following: <ul style="list-style-type: none"> -A registered Indian according to the Indian Act -An Inuk recognized by one of the Inuit Land Claim organizations -An infant under 1 year of age whose parent is eligible for benefits • Provides coverage for diabetes prescriptions (including insulin) as well as diabetic supplies (test strips, lancets, pen needles, etc.) that are listed on the NIHB Drug Benefit List: https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/non-insured-health-benefits/health-provider-information/drug-pharmacy-information/drug-benefit-list-health-provider-drug-pharmacy-information-non-insured-health-benefits-first-nations-inuit-health-canada.htmlhttps://www.canada.ca/en/health-canada/services/publications/health-system-services/non-insured-health-benefits-drug-benefit-list.html <p><i>How do you access these benefits?</i></p> <ul style="list-style-type: none"> • Contact NIHB directly if you think you meet the above criteria. • Simply present your prescription and identification card (e.g. treaty or status number) to your pharmacy to obtain coverage. If you have other insurance (e.g. private drug coverage through an employer), that information must also be presented. • Some prescriptions require approval prior to being covered. If your medication is on the “Prior Approval” list, your pharmacy will have NIHB contact your prescriber to gather information before being able to cover the medication.

Additional information:

<https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information/pharmacy-benefit-information-first-nations-inuit-health.html>

Saskatchewan Provincial Drug Plan: Blood Glucose Test Strips Coverage

The following table describes the number of blood glucose test strips that will be covered by the Saskatchewan Provincial Drug Plan every 365 days depending on how your diabetes is managed:

Type of Diabetes Management	Approved Number of Test Strips Per Year	Notes
Managing with insulin	3 650 strips	This applies even if you take oral medications as well
Managing with medications that have a higher risk of experiencing low blood sugars	400 strips	E.g. gliclazide, glyburide, repaglinide
Managing with medications that have a lower risk of experiencing low blood sugars	200 strips	E.g. metformin, acarbose, linagliptin, saxagliptin, sitagliptin, empagliflozin
Managing with diet, exercise and lifestyle changes	200 strips	

If more than the allotted quantity is required, requests can be made to the Saskatchewan Provincial Drug Plan and will be considered on a case by case basis.

2. **Information on Diabetes:** Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

<p>Smoking Cessation Programs:</p> <p>Make a PACT(Partnership to Assist with Cessation of Tobacco): http://www.makepact.ca/</p> <p>Offered by the Saskatchewan Ministry of Health</p> <p>Pharmacy Association of Saskatchewan</p> <p>Ph:(306) 359-7277</p>	<p>3 Step Start</p> <p>Step 1 — CONNECT</p> <p>Partner with a Health Care Professional you trust. Quitting tobacco is one of the best things you can do to improve your health, but you don't have to quit alone. In fact, research shows that receiving even brief advice can greatly improve your chances of successfully quitting. Many health care professionals in the province have completed special courses in tobacco cessation and are ready and willing to offer helpful tips to get you started. Connect with <u>HELP</u></p> <p>Step 2 — CONSIDER</p> <p>There are many advantages to quitting smoking, with benefits seen right away. Consider your personal reasons to quit. List them here (<u>Top 10 Reasons to Quit</u>), print, circle the reason that is most important to you and keep this list with your cigarettes or tobacco as a reminder of why you are considering quitting.</p> <p>Step 3 — CONTINUE</p> <p>Lots of people have successfully quit tobacco for good and although it can be difficult, there are many tips and tricks to assist along the way. Continue to learn and explore the quitting options that will work for you.</p> <p>PACT Locator: http://www.makepact.ca/content/help-to-quit/locate-pact</p>
<p>Live Well with Diabetes</p>	<p>Who is it for:</p>

	<p>Individuals with type 1, type 2, gestational diabetes, & pre-diabetes</p> <p>Goals:</p> <p>Provide education, self-management, and support for families and/or individuals living with diabetes.</p> <p>Referrals:</p> <p>https://www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/Home.aspx</p> <p>More Information:</p> <p>https://www.saskatoonhealthregion.ca/locations_services/Services/cdm/Pages/Programs/Diabetes-Main.aspx</p> <p>Contact: 306-655-2136</p>
<p>Aboriginal Diabetes Initiative</p>	<ul style="list-style-type: none"> • A nationwide initiative • Promotes primary, secondary and tertiary prevention of Type 2 Diabetes through sustainable community based action, and to provide lifestyle support to those individuals and families living with diabetes. <p>Two Main Contact Centres:</p> <p>The File Hills Qu’Appelle Tribal Council</p> <p>Room 222-740 Sioux Avenue, Box 985 Fort Qu’Appelle, Saskatchewan.</p> <p>(306)332-8200 / (306)332-1811</p> <p>http://www.fhqtc.com</p> <p>Prince Albert Grand Council</p> <p>Chief Joseph Custer Rsv #201</p> <p>2300 9th Ave West</p> <p>P.O. Box 2350</p> <p>Prince Albert, SK, S6V 6Z1</p>

	<p>Phone: 306 953 7200</p> <p>Fax: 306 764 6272</p> <p>https://www.pagc.sk.ca/health/programs-and-services/aboriginal-diabetes-initiative/</p>
<p>Diabetes Clinic Resource Centres (Rural)</p>	<p>Diabetes Clinic Resource Centres</p> <ol style="list-style-type: none"> 1. Arcola Medical Clinic, monthly: 306-455-2287 2. Bengough Health Centre, as needed: -306-268-2840 3. Carlyle Community Health Services Building, monthly as needed: -306-453-2319 4. Carlyle Medical Clinic- two (2) times per month: 306-453-6795 5. Coronach Health Centre as needed: 306-267-2022 6. Estevan - St. Joseph's Hospital, weekly on Thursday: 306-637-2415 7. Kipling Health Centre, two times each month: -306-736-2553 8. Lampman Health Centre, monthly: 306-487-2561 9. Galloway Health Centre, Oxbow, monthly: 306-483-2956 10. Maryfield Health Centre, monthly: 306-646-2133 11. Radville Marian Health Centre, 2 times per month: 306-869-2224 12. Redvers Health Centre, monthly: 306-452-6463 13. Wawota Health Centre, as needed: 306-739-2200 14. Weyburn - Primary Health Services weekly on Wednesday: 306-842-8425
<p>Wellness Clinics (Rural)</p>	<ol style="list-style-type: none"> 1. Alameda, Oxbow: 306-483-5047 2. Arcola, Carlyle, Kenosee Lake, Manor, Kisbey: 306-455-2116 3. Carievale, Carnduff, Gainsborough: 306-685-2123 4. Corning, Kennedy, Kipling: 306-736-2913 5. Lampman, Benson: 306-487-2561 6. Midale, Macoun: 306-458-2446 7. Stoughton, Creelman, Fillmore: Osage 306-457-7735 8. Torquay: 306-458-2446 9. Redvers: 306-452-3659
<p>Dietitian Services (Rural)</p>	<p>For more information, phone your local dietitian:</p> <ol style="list-style-type: none"> 1. Arcola, Carlyle, Kipling, Maryfield, Redvers, Wawota: 306-453-2075 2. Estevan, Oxbow: 306-637-2415 3. Bengough, Coronach, Pangman, Radville, Weyburn: 306-842-8425 4. Fillmore, Lampman, Midale, Stoughton, Weyburn: 306-848-2160 <p>More Information:</p> <p>http://www.suncountry.sk.ca/service/17/88/dietitian.html</p>

Diabetes Resources By Area	Community	Contact	Phone Number
	Buffalo Narrows	Diabetes Education Program	306-235-5842
	La Ronge	Director of Primary Health Care	306-425-4816
	Lloydminster	Diabetes Education Team	306-820-6069
	Maidstone	Diabetes Education Team	306-893-2622, ext. 7105
	Meadow Lake	Diabetes Education Team	306-826-1529
	Melfort	Diabetes Nurse Educator	306-752-8786
	Moose Jaw	Patient Education Centre	306-694-0230 or 306-694-0364
	Nipawin	Diabetes Nurse Educator	306-862-7251
	North Battleford	Diabetes Education Team	306-446-6424
	Prince Albert	Diabetes Education Centre	306-765-6464
	Regina	Metabolic & Diabetes Education Centre	306-766-4540
	Rosetown	Community Services	306-882-6413
Saskatoon	Patient Education & Chronic Disease Management	306-655-2136	
Swift Current	Diabetes Education	306-778-9489	

	Stony Rapids	Diabetes Nurse Educator	306-439-2200, ext. 287
	Tisdale	Diabetes Nurse Educator	306-873-3760
	Weyburn	Chronic Disease Prevention & Management Coordinator	306-637-2472
	More information: https://www.saskatchewan.ca/residents/health/diseases-and-conditions/diabetes		
Diabetes Canada Offices	<p>South Saskatchewan Regional Leadership Centre</p> <p>919B Albert St, Regina, SK S4R 2P6</p> <p>Phone: 306-584-8445</p> <p>Toll Free: 1-800-297-7488</p> <p>Fax: 306-586-9704</p> <p>North Saskatchewan Regional Leadership Centre</p> <p>104-2301 Avenue C North</p> <p>Saskatoon, SK S7L 5Z5</p> <p>Phone: 306-933-1238</p> <p>Toll Free: 1-800-996-4446</p> <p>Fax: 306-244-2012</p>		

3.Vision Care

<p>Vision Care</p>	<ul style="list-style-type: none"> • People with a valid Saskatchewan Health Card who have been diagnosed with diabetes type 1 or 2 are eligible for an insured annual diabetic eye exam. • Individuals with pre-diabetes are not eligible. • A physician’s referral is not required to receive an insured diabetic eye exam; however, for those non-medicated patients a letter confirming the patient’s diagnosis is recommended. <p>Source: https://optometrists.sk.ca/resource-library/about-eye-health/diabetes/</p>
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4. Foot Care Services

<p>Podiatry and Orthotics Services</p>	<ul style="list-style-type: none"> • Early foot changes can often be accommodated with ordinary good-quality athletic shoes or orthopedic shoes. • Patients on social services can receive an additional allowance for appropriate footwear with a physician prescription. • Some private insurance plans cover orthopedic shoes with a physician prescription. <ul style="list-style-type: none"> • Patients with more involved foot changes may be referred to podiatry or shoe specialists. • Podiatry consult fees are billed fully to patients unless they are covered by Supplementary Health Benefits (for patients receiving social assistance) or Non-Insured Health Benefits (for registered First Nations persons.) <p>Orthotic programs:</p> <ol style="list-style-type: none"> 1. Saskatoon and Prince Albert - Saskatchewan Abilities Council. Phone: 306-374-4400 2. Regina - Wascana Rehabilitation Centre Phone: 306-766-5730 or 306-766-5731 <p>Private professionals:</p>
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	<ol style="list-style-type: none"> 1. Podiatrists – find at www.saskpodiatry.org 2. Pedorthists – find at www.cpedcs.ca 3. Orthotists – find at www.opcanada.ca <p>Source: http://www.sasksurgery.ca/provider/lowerextremitywound.html</p> <p>More Information: http://www.sasksurgery.ca/pdf/LEW-ortho-form-1-therapeutic-shoes-certificate.pdf</p>
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5. Home and Travel assistance:

<p>Home Modification</p>	<p><i>Eligible homeowners and rental property owners may receive a forgivable loan of up to \$23,000.</i></p> <p><i>Homeowners are eligible if they:</i></p> <ul style="list-style-type: none"> • own and occupy the property as their primary residence; • have a household member with a housing-related disability; and, • have annual household income and asset levels at or below the limits established by Saskatchewan Housing Corporation. <p><i>Rental property owners are eligible if they:</i></p> <ul style="list-style-type: none"> • rent the modified units to low-income households that include a person with a housing-related disability; • maintain affordable rents based on Saskatchewan Housing Corporation’s rent schedule for the term of the loan; and • have tenants with an annual household income at or below the limits established by Saskatchewan Housing Corporation. <p>Mail the completed application and required documents to:</p> <p>Saskatchewan Housing Corporation</p>
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	<p>11th Floor – 1920 Broad Street</p> <p>REGINA, SK S4P 3V6</p> <p>More Inforamtion:</p> <p>http://www.saskatchewan.ca/residents/housing-and-renting/home-repairs-and-renovations/adapt-a-home-for-a-person-with-a-disability#eligibility</p>
<p>Home Care</p>	<p><i>“Home care helps people who need acute, end-of-life, rehabilitation, maintenance, and long-term supportive care to remain independent at home. The Saskatchewan Health Authority provides home care services directly to clients based on assessed need.”</i></p> <p>A number of community based agencies are familiar with the individualized funding option and may be able to provide support and information:</p> <ul style="list-style-type: none"> • Inclusion Regina • Saskatchewan Voice of People with Disabilities • South Saskatchewan Independent Living Centre <p>Once you have discussed individualized funding with your health region, and are ready to pursue the option, the following agencies may be of assistance:</p> <ul style="list-style-type: none"> • Saskatchewan Employment Standards • Saskatchewan Occupational Health and Safety • Canada Customs and Revenue Agency <p>More Information:</p> <p>https://www.saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/individualized-funding-for-home-care</p>
<p>Rides and Transportation</p>	<p>A Diabetes Canada initiative called the Travelling Diabetes Resource Program (TDRP)</p> <ul style="list-style-type: none"> • Committed to providing people across the province with access to programs & services as those offered at the Regional Leadership Centers in Regina and Saskatoon. • TDRP touches communities in every part of the province—taking world-class educational resources to thousands of people whose lives have been affected by the epidemic of diabetes.

	<ul style="list-style-type: none">• In Saskatchewan’s North, Cameco Corporation has generously sponsored a vehicle dedicated to bringing diabetes education to Northern communities, and supports our Association’s efforts to extend our reach into more remote communities. <p>Contact Information: Phone: 1-800-297-7488 ext 227 and ask for the TDRP Coordinator E-mail: brie.hnetka@diabetes.ca and ken.orban@diabetes.ca</p>
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Saskatchewan Content by: Dr. Shivraj Singh Riar, Internal Medicine Resident, University of Saskatchewan, Jacqueline Myers, Pharmacist, Regina General Hospital and Dr. Tessa Laubscher, Clinical Associate Professor, Family Medicine, University of Saskatchewan

Manitoba

1. Financial Assistance Programs (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

<p>MB Pharmacare Program</p>	<p>Pharmacare is a drug benefit program for all Manitobans whose income is affected by high prescription drug costs. The program is income-based, with a deductible set based on income and family size.</p> <p>Covers prescription drugs and diabetes supplies listed on the Manitoba Drug Formulary.</p> <p>Two ways to apply:</p> <p>Option A: One-Time Enrolment – Authorizes Canada Revenue Agency (CRA) to automatically forward your most recent income information/tax assessment to Manitoba Health each year. If you choose this option, you do not need to re-apply every year. Pharmacare will automatically re-calculate your deductible every year and mail you the information.</p> <p>Option B: Annual Application – through which you submit your own income information / Notice of Assessment to the Pharmacare program. If you choose this option, you must re-apply every year.</p> <p>Deductible Installment Payment Program – allows you to pay your annual Pharmacare deductible in interest-free monthly installments through your monthly Manitoba Hydro energy bill. To be considered for the installment program, the amount you/your family spend monthly on eligible prescription drugs must be equal to or more than 20% of your monthly adjusted family income</p> <p>Manitoba Health, Seniors and Active Living Provincial Drug Programs 300 Carlton Street Winnipeg, Manitoba R3B 3M9 Phone: 204-786-7141 Toll free: 1-800-297-8099 FAX: 204-786-6634</p> <p>Website: https://www.gov.mb.ca/health/pharmacare/index.html Drug formulary: https://web22.gov.mb.ca/eFormulary/</p>
<p>Employment and Income Assistance (EIA)</p>	<p>For Manitoba residents > 18 years of age and who are in financial need. You may be eligible for EIA if the total cost of your or your family’s monthly basic needs is more than your total financial resources (income and assets).</p>

	<p>If you qualify for EIA, you will receive the same prescription drugs and diabetes supplies coverage as that provided by Pharmacare. You will not have to pay a deductible. You can apply for EIA under one of three categories: 1) General Category; 2) Single Parent; and 3) Persons with a Disability.</p> <p>To receive benefits under the Persons with a Disability category you must have a physical or mental disability that is likely to last >90 days and prevents you from earning enough to pay for your or your family’s basic needs. EIA determines cost of “basic monthly needs” based on the basic allowance amount for individuals/families, cost of shelter, utilities, fuel and cost of ongoing medical needs.</p> <p>For EIA participants who are not receiving services from the Home Care Program, EIA staff may approve the purchase of some medical supplies and equipment when recommended by a medical professional.</p> <p>Tel: 204-948-4000 / 1-877-812-0014 Web: http://www.gov.mb.ca/fs/eiafacts/health_benefits.html</p>
<p>Healthcare Benefits Program (POC 10 – Prescription Drugs)</p>	<p>For Veterans, retired CF members, retired RCMP members, etc who are receiving VAC disability benefits OR VIP / Long-term Care OR War Veterans Allowance OR CF Income Support, etc. Benefit coverage may vary by client group and by individual. Contact VAC directly for more information.</p> <p>The program covers prescription drugs and diabetes supplies (test strips, lancets, pen needles, syringes, etc) listed on the VAC Drug Formulary for eligible clients. Coverage for less common or higher cost drugs also may be available through Special Authorization.</p>
<p>Non-Insured Health Benefits (NIHB)</p>	<p>To qualify for coverage under NIHB, you must be identified as a resident of Canada and one of the following: a registered Indian according to the Indian Act; or an Inuk recognized by one of the Inuit Land Claim organizations; or an infant less than one year old whose parent is an eligible recipient.</p> <p>The program covers prescription drugs and diabetes supplies (test strips, lancets, pen needles, syringes, etc) listed on the NIHB Drug Benefit List (DBL). Coverage for drug products not listed on DBL may be available under special circumstances by “Exception”. Your physician must complete an Exception Drugs Request Form. If you are denied benefit coverage, you have the right to appeal the decision to NIHB (three levels of appeal available). If you have health coverage through your work or any other insurance plan, you must use those insurance plans first before applying for repayment from NIHB.</p>

MB Pediatric Insulin Pump Program (MPIP)	<p>Children up to 18 years who meet medical requiring insulin pumps. For medically eligible users, we will cover the cost of the insulin pumps at an average cost of \$6,000-7,000 and insulin pump supplies from \$2,000-4,000 per year.</p> <p>Contact DER-CA: for more information discuss with your health care provider for eligibility or contact 204-787-3011.</p>
Manitoba Wheelchair Services – Society for Manitobans with Disabilities (SMD)	<p>For Manitoba residents who require a wheelchair due to long-term illness or disability (ie. require a wheelchair for more than 6 months).</p> <p>Provides long-term loans of manual and motorized wheelchairs to individuals living in the community. The program also offers repair and maintenance services for wheelchairs at client’s home, workplace, school or at Wheelchair Service Depots). Application must be signed by occupational therapist, physiotherapist or doctor.</p>
Assistive Technology Support Program - Society for Manitobans with Disabilities (SMD)	<p>For Manitoba residents with disabilities. Through this program, eligible applicants may be funded for up to 20% of the cost of their assistive technology product purchase (up to a maximum of \$2500 per program year). Applicants must be a member of SMD Alliance and must not have received any other funding from the SMD Assistive Technology Support Program in the past year. SMD funding can be used with funding from other sources, but funding from other sources cannot equal more than 80% of cost of product.</p> <p>The program covers Various Assistive Technology (AT) that help people with disabilities carry out their daily activities and maintain a healthy and independent lifestyle. Examples include: shower seat/bench, walker, cane, wheelchair, scooter, bed or bath lift, vehicle modifications, power door opener, wheelchair lift, communication devices, etc.</p>

2. Information on Diabetes: Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

Diabetes Education Resource for Children and Adolescents (DER-CA)	<p>For Residents of Manitoba, Nunavut, and portions of northwestern Ontario.</p> <p>Diabetes Education Resource for Children and Adolescents (DER-CA) offers specialty services to children and youth under age 18 years with Type 1 or Type 2 diabetes. Clients are referred by their physician or nurse practitioner, or as an in-patient during a stay in the hospital. The team is an integrated, co-located, interprofessional team at the Children's Hospital HSC Winnipeg.</p> <p>Individual Diabetes Management Counselling is provided to children, youth and their families.</p>
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	<p>Diabetes Care, Education and Self-Management Support Services:</p> <ul style="list-style-type: none"> • Education and insulin start as required at initial diagnosis. • Ongoing regular follow up with individual diabetes management counselling • Family support • 24 hour emergency on call service
<p>Diabetes Wellness Program and Get Better Together</p>	<p>Program at Seven Oaks Hospital in Winnipeg, offering free individual diabetes management counselling on topics including healthy eating, exercise, foot care, and smoking cessation. There is also a full-service fitness facility offering individual and group fitness classes. To enroll, patients need to self-refer and contact the program via the information provided below.</p> <p>Wellness Institute at Seven Oaks Hospital 1075 Leila Ave Winnipeg, MB R2P 2W7 Phone: (204) 632-3900 Fax: (204) 697-2412 www.wellnessinstitute.ca</p>
<p>Aboriginal Health and Wellness Centre</p>	<p>All urban Aboriginal People (Aboriginal, Métis, and Inuit) and their family members (Aboriginal or non-Aboriginal) are eligible to become patients of the clinic. Annual Diabetes Day, social support services, sharing and teaching circles, medicine picking and sweat lodge ceremonies are available to the general public.</p> <p>The primary care clinic at Aboriginal Health and Wellness Centre offers screening, diagnosis, medical management and education to help patients manage diabetes (Type 1, Type 2 and gestational) and other health conditions. Foot Care Nursing Services are also available for patients of the clinic. The health care team includes physicians, nurses, counsellors, a dietitian, and a cultural advisor who is available to provide holistic, traditional care. In addition, social support services staff can help with crisis intervention, advocacy and other social support.</p> <p>Diabetes Care, Education and Self-Management Support Services:</p> <ul style="list-style-type: none"> • Screening • Diagnosis • Foot Care • Individual Diabetes Management Counselling (on topics such as healthy eating, exercise, smoking cessation, medications, complications of diabetes, and testing blood sugar) • Family support • Social Support such as advocacy for housing, food security, transportation, etc. • Sharing and teaching circles, medicine picking and sweat lodge ceremonies

	<p>215 - 181 Higgins Ave Winnipeg R3B 3G1 Phone: (204) 925-3700 Fax: (204) 925-3709 Email: directorofwellness@ahwc.ca</p>
Diabetes Service Directory	<p>Compilation of Diabetes Care, Education and Self-Management Support Services</p> <p>For Winnipeg Regional Health Authority:</p> <p>http://www.wrha.mb.ca/healthinfo/a-z/diabetes/directory-education.php</p>

3. Vision care

Retinal Examinations and Assessments	<p>Basic ocular assessments are covered by Manitoba Health every two years for those under 18 and older than 65. However, persons living with diabetes are defined as high risk with respect to ocular health assessments, and are eligible for insured ocular assessments every 12 months.</p>
Manitoba Health: Senior's Eyeglass Program	<p>This program provides limited financial assistance to Manitoba seniors older than 65 towards the purchase of eyeglasses. One pair of eye glasses may be claimed every 3 years, or more often if a doctor diagnoses a change in vision required a different set of corrective lenses, with a fifty dollar deductible.</p> <p>Contact information: Tel: 204-786-7365 / 1-800-297-8099 Service: 204-774-8618 Outside Winnipeg: 711 or 1-800-855-0511 Email: pharmacare@gov.mb.ca</p>
Manitoba Retinal Screening Vision Program (MRSVP)	<p>2 specially trained registered nurses travel to Manitoba's northern communities every 3 months to conduct eye examinations. In addition, they take detailed retinal photographs for review with retinal specialists at Misericordia Health Centre. The images are uploaded to a secure server and interpreted at the Buhler Eye Care Centre. This program was introduced in 2007 to allow for early detection of diabetes related retinopathy, allowing patients to be assessed without travelling long distances from northern Manitoba communities to Winnipeg.</p> <p>To inquire further, please contact the nurses directly from the University of Manitoba website: https://umanitoba.ca/faculties/health_sciences/medicine/units/chs/departamental_units/n_orth_medical/program/drs.html</p>
Employment and Income Assistance (EIA) – Manitoba	<p>For those receiving employment and income assistance through the provincial government program, EIA will pay for a set of eyeglasses once every three years. Discuss this with your eye care provider so they can directly liaise with EIA and confirm that you are covered.</p>

Family Services & Labour	<p>Contact information: Tel: 204-948-4000 / 1-877-812-0014 Web: http://www.gov.mb.ca/fs/eiafacts/eyeglasses.html</p>
Non-insured Health Benefits (NIHB) – First Nations and Inuit Health Branch - Health Canada	<p>NIHB covers the cost of prescription eyeglasses annually for eligible First Nations and Inuit recipients not covered by another plan, under 19 years of age. In addition, there is coverage for under similar conditions, every two years, for those over the age of 19. Under the event of an earlier change in prescription, one may be eligible for earlier coverage. Contact NIHB directly for more information at 1-800-640-0642.</p>

4. Foot care

General Foot Care Services	<p>Community-based Foot Care Services/Programs:</p> <p>Nor'west Foot Care Program: Offers foot care services to seniors over 65 and others in the community who can no longer safely care for their feet. Services are provided by nurses with specialized training in foot care. Services offered at 14 locations throughout Winnipeg. Tel: 204-938-5905</p> <p>Mount Carmel Clinic: This clinic offers free foot care services to Mount Carmel patients, any North End or Point Douglas resident who does not have other coverage for foot care, and anyone referred through the Multicultural Wellness Program, Sage House, Wiisocotatiwin/ACT, Anne Ross Day Nursery, or the Manito Ikwe Kagiikwe/Mothering Project. Tel: 204.582.2311</p> <p>In addition, many local seniors' centres and community resource councils across Manitoba offer general foot care services for seniors over 65.</p> <p>Manitoba Association of Foot care nurses: To contact individual foot care specialist nurses regarding rates, please refer to the following link: http://www.footcarenurse.ca/find-a-nurse/</p> <p>Additional foot care services for those without coverage: http://www.wrha.mb.ca/healthinfo/a-z/diabetes/directory-foot-care-nursing-services.php#fees</p>
Employment and Insurance Assistance (EIA) –Manitoba	<p>If you qualify for EIA, approval of podiatry, chiropody and foot care services may be authorized if your doctor, authorized health provider, or EIA staff indicate that foot care service is essential in the management of your medical condition. EIA staff can approve up to \$32 for each foot care visit, up to a maximum of 9 visits per fiscal year.</p>

<p>Family Services and Labour</p>	<p>Orthopedic Footwear: EIA participants who have a medical need that requires orthopedic footwear or modifications to footwear are eligible for assistance with the cost of these items. To receive benefits, you must submit a prescription to the Health Services Orthotic Program (contact information below).</p> <p>Tel: 204-948-4000 / 1-877-812-0014 Web: http://www.gov.mb.ca/fs/eiafacts/health_benefits.html</p>
<p>Non-Insured Health Benefits (NIHB) – First Nations and Inuit Health Branch - Health Canada</p>	<p>NIHB covers custom-made orthotics for eligible clients not covered by another program, and maximum coverage amounts are determined on a case by case basis. To be eligible for NIHB benefits, you must belong to one of the following groups: registered Indians according to the Indian Act; Inuks recognized by one of the Inuit Land Claim organizations; or infants less than 1 year of age who have a parent who is an eligible recipient. Contact NIHB directly for more information.</p>

5. Home and travel assistance: includes travel/transport assistance, medical travel, health equipment coverage, vehicle and home modification.

<p>Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAPD)</p>	<p>Homeowner - You may be eligible for assistance if the following applies to you: Your home is your primary residence and is located in Manitoba, outside of First Nations communities. Your total gross household income is at or below the income limit set by Manitoba Housing for your area. Someone in your household has a disability or limitation that makes it difficult to perform daily living activities.</p> <p>Landlords - You may be eligible for assistance if: Renovations are made to self-contained rental units that have rents at, or below, the affordable rent amount for the area, both before and after the work takes place. Renovations are made on units that are occupied, or will be occupied, by tenants with disabilities who have a total gross household income that is at or below the income limit set by Manitoba Housing for the community.</p> <p>Up to \$16,000 for eligible adaptations may be available to qualified homeowners or landlords. If the property is located in a northern or remote community, up to \$19,000 may be available. If the adaptations exceed \$3,500 a medical certificate is required.</p> <p>Eligible adaptations include adaptations that increase mobility, safety and independence such as installing handrails, changes to storage areas in the kitchen, bathroom, installing lever handles on doors, sinks and bathtubs, installing wheel chair ramps, widening entryways and interior doors, installing lift systems in bathrooms and bedrooms, moving plumbing or electrical, etc.</p> <p>Manitoba Housing Tel:</p>
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	<p>204-945-5566 / 1-866-689-5566 Email: housing@gov.mb.ca Web: http://www.gov.mb.ca/housing/pubs/repair_programs/residential_adaptations_disabilities_english.pdf</p>
<p>Home Adaptations for Seniors' Independence (HASI)</p>	<p>Homeowners and landlords may be eligible for assistance if the senior occupant is 65 years of age or older, AND if all the following conditions are met:</p> <ul style="list-style-type: none"> - Your total gross household income is below the Housing Income Limit (HIL) for your area. For landlords, only the income of the tenant's household is relevant. - At least one member of the household is a senior with age/related difficulties affecting daily living activities. - The home receiving these adaptations/changes is the homeowner's permanent residence. <p>Eligible home adaptations/changes are mostly permanent additions, replacements or relocations that make it easier and safer for seniors with age-related difficulties to perform daily activities in the home. Examples of adaptations/changes include items such as handrails in hallways and stairways, easy-to-reach work and storage areas in the kitchen, lever handles on doors and faucets, walk-in showers, grab bars and bathtub seats, etc. Assistance is in the form of a forgivable loan of up to \$3500. It does not have to be repaid as long as the occupant continues to live in the house for at least six months after the repairs are complete.</p> <p>Manitoba Housing Tel:204-945-5566, Tel: 1-866-689-5566 TTY: 204-945-4796 or 1-800-855-0511 (Manitoba Relay Service) Email: housing@gov.mb.ca Web: http://www.gov.mb.ca/housing/hasi.html</p>
<p>Northern Patient Transportation Program</p>	<p>Manitoba residents eligible for Manitoba Health coverage who live north of the 53rd parallel on the west of Lake Winnipeg, or north of the 51st parallel on the east of Lake Winnipeg to the Ontario boundary. Residents from other isolated communities also may be eligible when ground travel is complicated by ice or thaw.</p> <p>This program is designed to subsidize the cost of transportation required for northern Manitoba residents to obtain medical or hospital care at the nearest location. The subsidy may also include costs for an essential escort (e.g. for children or disabled person). Travel must be approved by a physician and you cannot have any other coverage for your medical travel costs (e.g. employer, WCB, MPIC, FNIHB, etc). For more information, contact the NPTP office nearest you.</p> <p>Manitoba Health</p>

	<p>Tel: 204-945-5300 E-mail: emergserv@gov.mb.ca</p>
<p>Employment Income and Assistance (EIA)</p>	<p>Transportation - Health Reasons: Schedule A, section 7(1)(g) of the EIA Regulation provides the authority to approve the cost of transportation to medical appointments for eligible EIA recipients. An appointment card, medical lab requisition form or verbal confirmation from a clinic or medical office is required to issue transportation funds for single appointments, as well as recurring appointments where the cheapest mode of transportation available is being used. For recurring appointments where a more-expensive mode of transportation is needed for health reasons, a one-time note from a regulated health professional involved with the participant’s care is required.</p> <p>Authorized regulated health professionals include: physicians, registered dietitians, psychologists, registered physician assistants, registered nurse practitioners, registered psychiatric nurses, licensed practical nurses, registered nurses, and registered midwives. Certain conditions apply. Contact EIA for more information.</p> <p>Manitoba Family Services and Labour Web: http://www.gov.mb.ca/fs/manuals/eia/22/</p>
<p>Federal Government Programs for Specific Client Groups</p>	<p>Healthcare Benefits Program (POC 2 – Ambulance / Medical Travel Services) – Veterans Affairs Canada Program provides coverage for costs related to travel for health care services/medical treatment for eligible Veterans, retired CF members, retired RCMP members, etc. Eligible expenses include transportation, parking, meals, lodging, etc and, when required, someone to accompany you. Travel must be within Canada (at nearest treatment centre able to treat you), by the most convenient and economical means appropriate to the medical condition of the Veteran. Contact VAC directly for more information.</p> <p>Non-Insured Health Benefits (NIHB) – First Nations and Inuit Health Branch - Health Canada Program covers cost of travel for medically-necessary health services not available in your local community (e.g. travel for doctor’s appointments, hospital care, health programs, other eligible NIHB healthcare services, etc) for eligible First Nations and Inuit clients. Treatment must be at nearest healthcare facility able to treat you, using the most economical and efficient means of transportation (appropriate to your medical condition). Program may also provide assistance to cover cost of meals and accommodation. Access to Medical Transportation Benefits requires approval in advance, except in emergency situations.</p>

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Ontario

1. **Financial Assistance Programs** (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

Drug Plans		
Private Insurance Plans	<p>Offered by specific employers or associations:</p> <p>Website: http://drugcoverage.ca/en-ca/Provincial-Coverage/ontario/reimbursement-overview.aspx</p> <p><i>How to access these benefits?</i></p> <ul style="list-style-type: none"> • You should contact the Human Resources Manager at your work or affiliated to see if there is a group health benefit plan and for more information on the plan (e.g. who is the insurance carrier, what is your policy number or group benefit number). • Contact your insurance carrier before you go to the pharmacy to determine the extent of your coverage. • You will also need to know the drug identification number (DIN) of the medication you are prescribed. To find the DIN for your prescribed medication, go to https://health-products.canada.ca/dpd-bdpp/index-eng.jsp and type in the product name, then look for your specific medication (e.g. by company name, formulation) to get the DIN. • For more information on accessing benefits from Private Insurance Plans: http://drugcoverage.ca/en-ca/private-insurance.aspx 	
OHIP +	<p>OHIP + offers free prescriptions for individuals under 25 years of age.</p> <ul style="list-style-type: none"> • Restrictions: certain medications/insulins are not covered by this plan. • Need to consult pharmacy: list of approved medications on the Ontario Drug program • Needle tips are not covered • Exceptional consideration form may be required for insulins or other necessary medications that are not covered by this program 	

<p>Exceptional Access Program for Medications</p>	<p>This program is offered by Ministry of Health and Long-term Care.</p> <p><i>How to Apply: To apply for funding the patient's physician must submit a request to the EAP documenting complete and relevant medical information. This includes providing the clinical rationale for why formulary benefits are not suitable and addressing the clinical circumstances for which the drug is required. If EAP approval is granted, the coverage period begins as of the effective date and extends only to the specified date.</i></p> <p><i>Reimbursement criteria for EAP Frequently Requested Drugs</i></p> <p>When applying through the EAP, physicians can use the Standard Form (Request for an Unlisted Drug Product – Exceptional Access Program (EAP)), or for certain drugs, physicians can use a drug specific electronic form (e-Form).</p> <p><i>Additional Information:</i></p> <p>For more information on the Exceptional Access Program and access to these forms please visit: http://www.health.gov.on.ca/en/pro/programs/drugs/eap_mn.aspx</p>
<p>Ontario Drug Benefits (ODB) Program</p>	<p>Offered by Ministry of Health and Long-term Care.</p> <p>Tel: 1-866-532-3161</p> <p>Web: http://www.health.gov.on.ca/en/public/programs/drugs/</p> <p><i>Who qualifies?</i></p> <p>Any one of the following:</p> <ul style="list-style-type: none"> • Social assistance recipients (ODSP/OW) • Seniors 65 years or older • Residents of long-term care homes or Homes for Special Care; individuals enrolled in the Home Care Program <p><i>What does the program cover?</i></p> <p>More than 3,200 prescription drug products including oral diabetes medications, insulin, blood glucose test strips, some nutritional supplements, etc.</p> <p>Prescription drug products must be listed on the <i>Ontario Drug Benefit Formulary</i> to qualify for coverage.</p>
<p>Seniors Living in Poverty</p>	<p>Security (OAS) and Guaranteed Income Supplement (GIS):</p> <p>People over age 65 with low income may qualified to receive \$1400 or more a month through OAS, GIS and grants from filing a tax return. For more information on OAS, please see http://www.esdc.gc.ca/en/cpp/oas/index.page. For more information on GIS, please see http://www.esdc.gc.ca/en/cpp/oas/gis/index.page.</p>

Canadian Child Benefit Program	The Canadian Child Benefit can help low income single parents receive over \$8000 more per year, and can lead to several other income supports. For more information, please see http://www.cra-arc.gc.ca/bnfts/ccb/menu-eng.html .	
Coverage for Veterans	<p>Are you a qualified veteran, still-serving Canadian Forces member, RCMP member, civilian with access to Veterans Affairs Canada health benefits, or a dependant/survivor of such a person? If so, you may be eligible for drug coverage under Veterans Affairs Canada. Veterans Affairs Canada's provide financial support for health care services (including prescription medications, nursing services, vision care, and more) through the 14 Programs of Choice (POC). For more information:</p> <p>Tel: 1-866-522-2122</p> <p>http://www.veterans.gc.ca/eng/services/health/treatment-benefits,</p>	<p>Approved Vendors and Devices;</p> <p>http://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/Diabetes/Approved-Vendors.pdf</p>
Non-Insured Health Benefits for First Nations	<p>First Nations with the Status designation may qualify for Non-Insured Health Benefits through the federal government. These benefits can pay for drugs and other extended health benefits not covered by provincial plans.</p> <p>Tel: 1-800-640-0642</p> <p>For more information, see: http://drugcoverage.ca/en-ca/Federal-Plans/non-insured-health-benefits.aspx (Shoppers Drug Mart, 2012) and http://healthycanadians.gc.ca/health-system-systeme-sante/services/non-insured-health-benefits-services-sante-non-assures/index-eng.php</p>	
Ontario Works	<p>Ontario Works provides financial and employment assistance to people who are in financial need.</p> <p>Eligibility requirements include: Ontario resident, financial need (your household does not have sufficient financial resources to meet basic living expenses), and willingness to make reasonable efforts to find, prepare for and keep a job (unless you have specific circumstances that temporarily prevent you from doing so, such as an illness or caregiving responsibilities). Application can be made online, by phone, or in person. For more information, please go to:</p> <p>http://www.mcsc.gov.on.ca/en/mcsc/programs/social/ow/</p>	
Trillium Drug Program	Offered by Ministry of Health and Long-term Care. Ontario residents under 65 years of age who have high prescription drug costs compared to their household income and	

	<p>have no private health insurance (or your private insurance does not cover 100% of drug costs) may be eligible for additional coverage under Trillium Drug Program.</p> <p>Tel: 1-800-575-5386</p> <p>For more information, please see http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx.</p>
<p>Federal Employees</p>	<p>Are you a federal public service employee, member of the Canadian Forces, member of the Royal Canadian Mounted Police, a Member of Parliament, a federal judge, an employee of a designated agency or corporation with access to the Public Service Health Care Plan, or a person receiving pension benefits based on service in one of these capacities (Shoppers Drug Mart, 2012)? If yes, you may be eligible for prescription drug coverage under the Public Service Health Care Plan. For more information, please see http://drugcoverage.ca/en-ca/Federal-Plans/public-service-health-care-plan.aspx (Shoppers Drug Mart, 2012) and http://www.njc-cnm.gc.ca/directive/index.php?did=9&lang=eng.</p>
<p>Refugee Claimants</p>	<p>Are you a refugee claimant, Convention refugee or member of the humanitarian designated classes? If yes, you may be eligible for prescription drug coverage under the Interim Federal Health Program (Shoppers Drug Mart, 2012). For more information, please see http://drugcoverage.ca/en-ca/Federal-Plans/interim-federal-health-program.aspx (Shoppers Drug Mart, 2012) and http://www.cic.gc.ca/english/refugees/outside/arriving-healthcare/individuals/apply-who.asp.</p>
<p>For People with Disabilities</p>	<p>There are eight major disability programs: Ontario Disability Support Program (ODSP), Canada Pension Plan (CPP) Disability, Employment Insurance (EI), Disability Tax Credit (DTC), Veterans' Benefits, Workplace Safety and Insurance Board (WSIB), employers' long-term income protection, Registered Disability Savings Plan (RDSP).</p> <p>ODSP application: Visit www.cleo.on.ca/english/pub/onpub/PDF/socialAsst/ods-prof.pdf for ODSP tips for health professionals.</p> <p>The DTC requires a health provider to complete the application form. It provides up to \$1100 per year in tax savings (plus retroactive payments), and is required to receive other benefits including the RDSP. Tel: 1-800-959-8281, http://www.cra-arc.gc.ca/</p> <p>RDSP (see section on RDSP): Provides up to 300% matching of funds or disability bonds up to \$20 000 for those without resources to save money. Who qualifies: Canadian residents under age 60 who have long term disability AND who receive DTC. Tel: 1-800-959-8281, http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/rdsp-reei/menu-eng.html</p>

Diabetes Supplies	Note: Seniors (age 65 and up), social assistance recipients and Trillium Drug Program clients receive coverage for their glucose test strips through the Ontario Drug Benefits (ODB) Program. For more information, contact your pharmacy.
Insulin Syringes for Seniors Grant	<p>Offered by Ministry of Health and Long-term Care under the Assistive Devices Program (ADP)</p> <p>Tel: 1-800-268-6021</p> <p>Web: http://www.health.gov.on.ca/en/public/programs/adp/publications/diabetic.aspx</p> <p><i>Who qualifies: Ontario residents 65 years or older who use pen needles or syringes on a daily basis to inject insulin. (Note: Seniors living in long-term care facilities or hospitals are not eligible)</i></p> <p>Coverage: provides \$170 per year to help pay the cost of pen needles and syringes</p>
Ontario Monitoring for Health Program (MFHP)	<p>This program is funded by the Ontario Ministry of Health and Long-term Care and administered by the Canadian Diabetes Association.</p> <p>To obtain a claim form, please contact Canadian Diabetes Association at: Toll-free: 1-800-361-0796 Email: mfhp@diabetes.ca</p> <p>Web: https://www.diabetes.ca/in-your-community/local-programs-events/regional-events-programs/ontario-events/ontario-monitoring-for-health-program</p> <p><i>Who qualifies?</i> Ontario residents who use insulin or have gestational diabetes (diabetes during pregnancy) AND who do not have any other coverage for their diabetes supplies through private health insurance, employer benefits, or other government programs</p> <p><i>What does the program cover?</i></p> <ul style="list-style-type: none"> • 75% of the cost of blood glucose test strips and lancets, up to a maximum of \$820 per year • 75% of the cost of a blood glucose meter, up to a maximum of \$75, once every 5 years • 75% of the cost of a talking meter, up to a maximum of \$300, once every 5 years (visually impaired clients only)

<p>Mandatory Special Necessities (MSN) Benefit</p>	<p>Offered by the Ministry of Health and Long Term Care under the Ontario Disability Support Program, Ministry of Community and Social Services (MCSS)</p> <p>Tel: Contact your case worker or local ODSP office</p> <p>Web:http://www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/income_support/odsp_medical_supplies.aspx</p> <p><i>Who qualifies: Ontario Disability Support Program (ODSP) Income Support recipients only</i></p> <p><i>What is covered: If you receive ODSP Income Support, your prescription medication and test strips are covered through ODB. You can also receive monthly amount for your pen needles/ syringes, lancets, alcohol swabs etc. through <i>Income Support Directive 9.12 – Mandatory Special Necessities (MSN)</i>. Ask your case worker for more information and an MSN application form.</i></p>
<p>Ontario Works' Health benefits</p>	<p>Ministry of Community and Social Services (MCSS)</p> <p>Tel: Contact your case worker or local OW office directly</p> <p>Web:http://www.mcsc.gov.on.ca/en/mcsc/programs/social/ow/help/benefits/health_benefits.aspx</p> <p><i>Who qualifies: Ontario Works (OW) recipients ONLY</i></p> <p><i>Coverage: OW clients have their prescription medications and blood glucose test strips covered through ODB. OW will also cover the cost of other diabetes supplies (e.g. lancets, pen needles/syringes, etc.) if you have a prescription from your doctor AND you do not have coverage for these supplies through any other program or insurance plan. Ask your case worker for more information.</i></p>
<p>Insulin Pump & Supplies Program</p>	<p>Offered by Ministry of Health and Long-term Care under the Assistive Devices Program (ADP).</p> <p>Tel: 1-800-268-6021</p> <p>Email: adp@ontario.ca</p> <p>Web: http://www.health.gov.on.ca/en/public/programs/adp/insulin_pamp.aspx</p> <p><i>Who qualifies: Ontario residents with type 1 diabetes who have been unable to achieve good blood glucose control with multiple daily injections and who meet specific eligibility criteria.</i></p> <p><i>Coverage: 100% of the cost of an insulin pump (paid directly to the vendor once funding is approved). \$2400 per year to help cover cost of insulin pump supplies (paid out in four installments of \$600 each)</i></p>

<p>Assistive Devices Program (ADP)</p>	<p>Offered by Ministry of Health and Long-term Care</p> <p>Tel: 1-800-268-6021</p> <p>Email: adp@ontario.ca</p> <p>Web: http://www.health.gov.on.ca/en/public/programs/adp</p> <p><i>Who qualifies: Ontario residents who have a long-term physical disability (lasting 6 months or longer).</i></p> <p><i>Coverage: ADP provides partial coverage for more than 8,000 pieces of assistive equipment and supplies including wheelchairs, mobility aids, specialized seating systems, prosthetic limbs, reciprocating gait orthoses, arm/leg/spinal braces, hearing aids, visual aids, oxygen delivery systems, etc. ADP normally pays up to 75% of the cost of these items or contributes a fixed amount. You will be asked to pay the remaining amount.</i></p>
<p>Medical Identification Bracelet Service</p>	<p><u>Program for Adults: Membership Assistance Program - Canadian MedicAlert Foundation: Tel: 1-800-668-1507, Web: https://www.medicalert.ca/Programs</u></p> <p><i>Who qualifies: Canadians with diabetes (and other potentially life threatening medical conditions) who are in financial need; you must have a referral from your physician, nurse, pharmacist or social worker.</i></p> <p><i>Coverage: Program provides a partial subsidy for the MedicAlert membership fee and the cost of a stainless-steel MedicAlert bracelet.</i></p> <p><u>Program for Children: No Child Without Program - Canadian MedicAlert Foundation: Tel: 1-866-679-3220, Web: http://www.nochildwithout.ca/</u></p> <p><i>Who qualifies: Canadian children ages 4-14 with diabetes or other medical conditions; program operates in a large number of schools across the country (child must be attending a school that is registered with the program).</i></p> <p><i>Coverage: Program covers the cost of MedicAlert membership for children ages 4-14 with medical conditions, at participating schools.</i></p>

2. **Information on Diabetes:** Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

Diabetes Education

<p>Diabetes Education Programs (DEP)</p>	<p>This program provides patients with access to a team of health care professionals including diabetes nurse educator and dietitian, offered at various centers throughout Ontario. The services these centers offers includes: diabetes education and support for adults and their families, individual and group counselling for patients and family members, life plans to minimize symptoms</p> <ul style="list-style-type: none"> • Website: https://www.ontario.ca/page/diabetes-education-program • To find a DEP close to you, go to https://www.ontario.ca/locations/health/. In the “Find” box enter “Diabetes Education Programs” and in the “Near” box, enter your address.
<p>Diabetes Support Groups</p>	<p><u>Type 1 Diabetes Support Groups</u></p> <ul style="list-style-type: none"> • Connect in Motion: www.connectedinmotion.ca • Juvenile Diabetes Research Foundation (JDRF) Type 1 Diabetes adult group: last Thursday of each month <ul style="list-style-type: none"> ○ Contact Sherry at 647-789-2038 or splant@jdrf.ca • I Challenge Diabetes: all ages and family involvement <ul style="list-style-type: none"> ○ www.ichallengediabetes.org ○ 1-877-776-0667 <p><u>Type 2 Diabetes Support Groups</u></p> <ul style="list-style-type: none"> • Canadian Diabetes Association <ul style="list-style-type: none"> ○ North York Civic Centre: 5100 Yonge Street ○ 2nd Monday of the month ○ Contact person Ms. Ali 416-461-3577 ext 348 <p>Toronto Diabetes Education Centre programs: www.torontocentralhealthline.ca/listServices</p>
<p>Nutrition</p>	
<p>Nutritional Recipes</p>	<ul style="list-style-type: none"> • Canadian Diabetes Association: http://www.diabetes.ca/ • Eat Right Ontario: menu plans, recipes and healthy eating video series for diabetes https://www.eatrightontario.ca/en/default.aspx • Dietitians of Canada: healthy cooking and meal planning tips http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Cook-Health • Cookspiration: recipes from dietitians of Canada http://www.cookspiration.com/

Ontario Works/Ontario Disability Support Program - Special Diet Allowance	<p>If you receive ODSP Income Support and you have diabetes OR pre-diabetes, you also may be eligible for the Special Diet Allowance (SDA). The SDA helps cover some of the extra cost of special diets/healthy foods for social assistance recipients with certain medical conditions such as diabetes, prediabetes, heart disease, high blood pressure, high cholesterol, etc. Ask your case worker for more information and a Special Diet Allowance application form.</p>
Food Banks	<p>Enter search term “food bank” and postal code into 211 website (http://www.211ontario.ca/). You will get a listing of the nearest food banks. If you click on a listing you will get more details of the eligibility criteria including catchment boundaries. Sometimes a food bank may be close to you but you are outside the eligible boundary, in which case you will not be able to use the foodbank.</p> <p>If the patient does not have internet access or is not computer literate, they can call 211 as well to be directed to the right food bank:</p> <ul style="list-style-type: none"> • Community and social services 24/7: 2-1-1 TTY 1-888-340-1001 • Office: Monday to Friday, 8:30 am to 4:30 pm; 416-392-4605, Outside Toronto 1-800-836-3238
Dietitians	<p>Registered dietitians working in Diabetes Education Centers or family health teams are covered by OHIP. Private insurance coverage may cover the cost of visiting a registered dietitian in private practice. Contact your insurance provider to determine if you have coverage for the services of a registered dietitian working in private practice.</p>
Locating a Dietitian	<ul style="list-style-type: none"> • To locate a Diabetes Education Centre, go to https://www.ontario.ca/locations/health/. In the “Find” box enter “Diabetes Education Programs” and in the “Near” box, enter your address. • To locate a registered dietitian working in private practice, call 1-877-510-5102 or visit http://www.dietitians.ca/Your-Health/Find-A-Dietitian/Search-for-a-Dietitian.aspx • To speak to a registered dietitian directly on the phone for free nutrition advice, call EatRight Ontario at 1-877-510-5102. The service is available in English, French and 100 other languages. Mon-Fri 9am-5pm, Evenings on Tues & Thurs until 9pm. Website: www.eatrightontario.ca.
Indigenous Specific Resources	
Indigenous Diabetes Health Circle (IDHC)	<ul style="list-style-type: none"> • Includes contacts for wellness, circle of care and foot care workers for the indigenous population. • Has calendar of seminars and webinars in local areas for diabetes education

	<ul style="list-style-type: none"> • Web: http://soadi.ca/diabetes-information-links/
Smoking Cessation Support	
Ontario Quit Smoking Support	Ontario Drug Benefit (ODB) includes coverage to help quite smoking – may include up to a year of pharmacist assisted counselling, drugs (Champix or Zyban), if 18 years or older. For more information: https://www.ontario.ca/page/support-quit-smoking
Counselling & Support Groups for Smoking Cessation	<p>Talk to your doctor regarding counselling and/or joining a support group. You can also contact your local public health unit.</p> <p>Or contact Canadian Cancer Society’s Smokers’ Helpline by:</p> <ul style="list-style-type: none"> • calling (toll-free) 1-877-513-5333 • Visiting the Smoker’s Helpline to register for online programs and text-message support: https://www.smokershelpline.ca

3. Vision care:

Eye Examinations	Diabetes can affect your eyesight so routine vision care is important. Everyone with diabetes is covered for a free eye exam every 12 months, along with medically necessary follow-up assessments
OHIP Coverage for Eye Care Services	<p>Tel: Client Services at Ministry of Community and Social Services (MCSS) at 1 888 789-4199 (toll free) or 416 325-5666 (Toronto) or 1 800 387-5559 (TTY).</p> <p>Web: http://health.gov.on.ca/en/public/publications/ohip/eyecare.aspx</p> <p><i>Who qualifies:</i></p> <ul style="list-style-type: none"> • People 65 years and older and those younger than 20 • Insured persons aged 20 to 64 years with specified medical conditions affecting the eye: diabetes mellitus, glaucoma, cataract, retinal disease, amblyopia, visual field defects, corneal disease, strabismus, recurrent uveitis or optic pathway disease. Certain medical conditions not listed above may also be covered for regular eye examinations. If your condition is not listed, please discuss this with your primary health care provider. <p><i>Coverage:</i></p> <ul style="list-style-type: none"> • Routine eye examination provided by either an optometrist or physician once every 12 months • Required follow-up assessments

	Note: Under the Ministry of Community and Social Services (MCSS), persons receiving assistance through the Ontario Disability Support Program, Ontario Works, or the Family Benefits Program will receive coverage for routine eye examinations once every two years.
Eyeglasses	Provincial / Federal Government Programs for Specific Client Groups

<p>Ontario Disability Support Program</p>	<p><i>Ontario Disability Support Program (ODSP) – Income Support recipients</i> Program covers the cost of prescription eyeglasses (lenses and frames) once every 3 years for eligible ODSP recipients, their spouses and children under 18 years of age. Additional coverage may be available sooner if prescription changes (especially for children). Program also covers cost of repairs. Contact your case worker directly for more information and to ask for a Vision Care benefit authorization form; your optometrist or optician will need to complete and sign the form.</p>
<p><i>Ontario Works (OW)</i></p>	<p>Dependent children of OW recipients receive coverage for prescription eyeglasses (lenses and frames) as a “mandatory benefit” once every 3 years; additional coverage may be available sooner if child’s prescription changes. Specific maximums (\$) apply. Coverage for prescription eyeglasses for <u>adult</u> OW recipients may be available through <i>Discretionary Benefits</i> (approved at the discretion of the OW Administrator) if there has been a significant change in prescription or if it would support the recipient’s “employability or participation requirements”. Contact your case worker for more information.</p>
<p><i>Healthcare Benefits Program (POC 14 – Vision Care) - Veterans Affairs Canada (VAC)</i></p>	<p>Program covers lenses, frames and accessories for <u>eligible</u> Veterans, retired CF members, retired RCMP members, etc. Benefit coverage may vary by client group and by individual. Contact VAC directly for more information at 1-866-522-2122 or visit: http://www.veterans.gc.ca/eng/services/health/treatment-benefits/poc#poc14</p>
<p><i>Non-insured Health Benefits (NIHB) – First Nations and Inuit Health Branch - Health Canada</i></p>	<p>When not covered by another plan or program, NIHB covers the cost of prescription eyeglasses once every 2 years for eligible clients over the age of 19, and once every year for eligible clients under the age of 19. If any major change in prescription, you may be eligible for coverage sooner. Program also covers eyeglass repairs and eye prosthesis (artificial eye). Specific maximums (\$) may apply. To be eligible for NIHB benefits, you must belong to one of the following groups: a registered Indian according to the Indian Act; an Inuk recognized by one of the Inuit Land Claim organizations; or an infant less than 1 year of age whose parent is an eligible recipient. Contact NIHB directly for more information at 1-800-640-0642 or visit http://healthycanadians.gc.ca/health-system-systeme-sante/services/non-insured-health-benefits-services-sante-non-assures/index-eng.php</p>

<p>Lens Crafters – Gift of Sight Program</p>	<p>Tel: Contact your nearest Lens Crafters store for more information. Store locator search tool available at www.lenscrafters.ca</p> <p><i>Who qualifies?</i> Low-income individuals who do not have coverage for prescription eyeglasses through private health insurance, employer health benefits or government programs (e.g. social assistance, Veterans Health Benefits, Non-Insured Health Benefits, etc.)</p> <p><i>What does the program cover?</i> Program provides free lenses and frames to individuals in need. You will need a recent prescription and a letter of referral from a registered charity (e.g. community social service agency, place of worship, service club, etc). The organization providing the referral must contact the Lens Crafters store closest to where you live (not head office).</p> <p>You must have a valid prescription for your eyeglasses.</p>
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4. Foot care: Diabetes can affect your feet, and increase your risk of infection. It is important to examine your feet regularly, either by yourself or by a foot care specialist. Your local community health care center can offer free foot care service, so it is always best to inquire with them first.

Foot Care Services / Custom-made Orthotics & Footwear	
<p>Ontario Health Insurance Plan (OHIP) – Ministry of Health and Long-term Care</p>	<p>Tel: 1-800-268-1154</p> <p>Web:http://www.health.gov.on.ca/en/public/programs/diabetes/recent/coverage.asp</p> <p><i>Who qualifies: Ontario residents with a valid health card.</i></p> <p><i>What does the program cover?</i></p> <ul style="list-style-type: none"> • Very limited coverage: OHIP covers assessment of the feet by a physician and medically-necessary treatments performed by a specialist (e.g. orthopedic surgeon); also limited partial coverage for some services provided by a podiatrist. • General foot care services such as cutting or trimming of toenails by other healthcare professionals (e.g. chiropodist) are not covered. <p>NOTE: OHIP also does not cover orthopedic shoes/insoles or custom-made orthotics.</p>
<p>Community-based Foot Care Services/Progr</p>	<p>Many Community Health Centres (CHCs) throughout Ontario offer foot care services through a chiropodist for eligible patients. Please check with your local CHC for available programs in your area and eligibility requirements.</p>

<p>ams (Programs vary depending on community/location)</p>	<p>Low-cost foot care services also may be available in your community through seniors' residences, community care agencies (e.g. VON) and other community organizations.</p> <p>Always ensure that foot care services offered in the community are being provided by a trained healthcare professional, such as a registered nurse or registered practical nurse with specialized training in foot care (including foot care for people with diabetes).</p> <p>NOTE: CHC and other community-based programs do not cover the cost of custom-made shoes or orthotics.</p>
<p>Provincial / Federal Government Programs for Specific Client Groups</p>	<p><i>Ontario Disability Support Program (ODSP)/Ontario Works (OW)</i> Coverage for custom-made orthotics and footwear may be available for eligible clients.</p> <p>Note: ODSP/OW is administered at the municipal level and there is NO mandatory coverage for items such as custom-made orthotics and shoes under ODSP/OW regulations. Some municipalities will approve coverage for these items through OW Discretionary Benefits (available to both OW and ODSP clients), others will not. Check with your caseworker to see if coverage is available in your region. See also “<i>Discretionary Benefits</i>” section below.</p> <p><i>Healthcare Benefits Program (POC 11 – Prosthetics and Orthotics) - Veterans Affairs Canada (VAC)</i> Program covers basic or advanced foot care services for <u>eligible</u> Veterans, retired CF members, retired RCMP members, etc.</p> <p>Program also provides coverage for prosthetics, orthotics, arch supports/insoles, custom-built orthotics /shoes/winter boots, modifications to regular footwear, etc. Benefit coverage may vary by client group and by individual. Contact VAC directly for more information.</p> <p><i>Non-Insured Health Benefits (NIHB) – First Nations and Inuit Health Branch - Health Canada</i> When not covered by any other plan or program, NIHB covers custom-made orthotics and footwear for eligible clients. Specific maximums (\$) may apply. “Off the shelf” orthopedic shoes and foot products manufactured only from laser or optical scanning or computerized gait and pressure analysis systems are not covered.</p> <p>To be eligible for NIHB benefits, you must belong to one of the following groups: a registered Indian according to the Indian Act; an Inuk recognized by one of the Inuit Land Claim organizations; or an infant less than 1 year of age whose parent is an eligible recipient. Contact NIHB directly for more information.</p>

Free Foot Clinics	
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<p><i>Michener Chiropody Clinic</i></p>	<ul style="list-style-type: none"> • FREE clinic with care provided by students in The Michener Institute’s Chiropody program under the supervision of licensed Chiropodists • Requirements: need OHIP card, no catchment area; referral not required but preferred • Website: http://michener.ca/discover-michener/chiropody-clinic/ • Address: 222 St. Patrick Street, Toronto, ON M5T 1V4 • Tel: 416-596-3108
<p><i>Reagent Park Community Health Centre (CHC)</i></p>	<ul style="list-style-type: none"> • No referral required • Catchment area with OHIP: N: Gerrard, S: King St, E: River St, W: Sherbourne St • Catchment area if no OHIP/Homeless/IFH: N: Bloor, S: Lake Ontario, W: Yonge St, E: Don River • Address: 465 Dundas St E (Dundas & Parliament) • Tel: 416-203-4507
<p><i>Queen West CHC</i></p>	<ul style="list-style-type: none"> • Free for patients who are homeless (no catchment area) and seniors with diabetes • Seniors with OHIP catchment area: N: College St, S: Lake Shore Blvd, E: University Ave, W: Dovercourt Rd • Seniors without OHIP catchment area: N: Extended to Dupont St E: extended to Yonge St • Address: 168 Bathurst St (Queen & Bathurst) • Tel: 416-703-8482
<p><i>Unison Health and Community Services CHC</i></p>	<ul style="list-style-type: none"> • Keele Rogers Site <ul style="list-style-type: none"> ○ Referral required from MD if not part of CHC already, otherwise can call directly ○ Catchment area: Old city of York (based on postal code) ○ Address: 1651 Keele St (Keele & Rogers) ○ Tel: 416-653-5400 • Lawrence Heights Site <ul style="list-style-type: none"> ○ Referral required from MD ○ Catchment area: N: Wilson Ave, S: Eglinton, E: Bathurst, W: Keele St ○ Address: 12 Flemington Rd (Lawrence & Allen) ○ Tel: 416-787-1661 • Jane Tretheway Site <ul style="list-style-type: none"> ○ Requirements: Seniors with diabetes, referral required from MD ○ Catchment area: Lawrence/Weston/Black Creek area (based on postal code) ○ Address: 1541 Jane St (Jane & Tretheway) ○ Tel: 416-645-7575
<p><i>Rexdale CHC</i></p>	<ul style="list-style-type: none"> • Requirements: OHIP, Referral MD • Catchment area: M9V, M9W, M9R, M9P (based on postal code) • Address: 8 Taber Rd (Kipling & Rexdale) • Tel: 416-744-0066

<i>Black Creek CHC</i>	<ul style="list-style-type: none"> • Referral required from nurse/dietitian within CHC, no external referrals allowed (patients can self-refer to see nurse/dietitian) • No Catchment area • Address: 2202 Jane St, Unit 5 (Jane & Wilson) • Tel: 416-249-8000 or 416-246-2388
<i>Flemingdon CHC</i>	<ul style="list-style-type: none"> • Referral required from MD • Catchment area: N: Lawrence Ave, S: O'Connor, E: Victoria Park, W: Bayview • Address: 10 Gateway Blvd (Don Mills & Overlea) • Tel: 416-429-4991 x239
<i>Scarborough Centre for Healthy Communities</i>	<ul style="list-style-type: none"> • No referral required from MD (unless patient has private insurance) • No fee (unless patient has private insurance) • Catchment area: Scarborough address • 3 locations: <ul style="list-style-type: none"> ○ 629 Markham Road, Unit 2 (Markham & Lawrence) ○ 4002 Sheppard Ave E, Unit 401 (Kennedy & Sheppard) ○ 2660 Eglinton Ave E. (Brimley & Eglinton) • Tel: 416-297-7490 (patients can call directly) • Fax: 416-297-5371 (for urgent referrals)
<i>Parkdale CHC</i>	<ul style="list-style-type: none"> • Only available currently for homeless or underhoused patients • Address: 1229 Queen St W (Queen & Dufferin) • Tel: 416-537-2455
<i>Four Villages CHC</i>	<ul style="list-style-type: none"> • No referral required • Catchment Area: N: St. Clair Ave, S: Lake Ontario, E: Dundas St, W: Humber River (if have diabetes, can be outside of his catchment area) • Address: 1700 Bloor St W (Bloor & Keele) • Tel: 416-604-3361
<i>Stonegate CHC</i>	<ul style="list-style-type: none"> • No referral required • Catchment area: N: Bloor St, S: The Queensway, E: Humber River, W: Royal York Rd • Address: 150 Berry Rd (Royal York & Queensway) • Tel: 416-231-7070
<i>St. Joseph's Health Centre Chiropody Clinic</i>	<ul style="list-style-type: none"> • Referral required from MD • Catchment area: N: Eglinton Ave, S: Lakeshore Ave, E: Ossington/Bathurst, W: Mill Rd • Address: 30 The Queensway (Queen & Roncesvalles) • Tel: 416-530-6000
<i>Fee for Service Clinics</i>	
<i>West Park CHC</i>	<ul style="list-style-type: none"> • Seniors: Initial visit \$40, follow up \$30 • Non-seniors: Initial visit \$45, follow-up \$40 • No referral required; no catchment area • Address: 82 Buttonwood Ave, Ruddy Building, 4th floor (Jane & Weston) • Tel: 416-243-3778

<i>Providence Health Care</i>	<ul style="list-style-type: none"> • \$40 for first visit; Follow up: \$30 for seniors, \$35 for non-seniors • No referral required, no catchment area • Address: 3276 St. Clair Ave E. (St Clair & Warden) • Tel: 416-285-3619
<i>Torontofootcare.com</i>	<ul style="list-style-type: none"> • Website: www.torontofootcare.com • Address: 1200 Lawrence Avenue, Suite 300, Toronto, ON M3A 1C1 • Tel: 416-444-FOOT (3668)
<i>Step by Step Professional Family Foot Care</i>	<ul style="list-style-type: none"> • Website: https://www.stepbystepfootcare.com/ • Address: 27 Queen Street East, Toronto, ON M5C 2M6 • Tel: 416-214-4697
<i>Roncesvalles Family Foot Care</i>	<ul style="list-style-type: none"> • Website: http://roncesvallesfootcare.com/ • Address: 22 Roncesvalles Avenue, Toronto, ON M6R 2K3 • Tel: 416-536-3668
<i>The Salvation Army Toronto Grace Health Centre Chiropody Services</i>	<ul style="list-style-type: none"> • Website: http://www.torontograce.org/patients-visitors/foot-clinic/ • Address: 47 Austin Terrace, Toronto, ON M5R 1Y8 (located on the ground floor of the Health Centre) • Tel: 416-925-2251 ext. 250
<i>St. Clair West Services for Seniors: Foot Clinics</i>	<ul style="list-style-type: none"> • Website: http://servicesforseniors.ca/ • Address: 2562 Eglinton Avenue West, 2nd Floor, Suite 202, Toronto, Ontario, M6M 1T4 • Basic foot care provided by a foot care specialist at community centers • Tel: 416-787-2114 • Email: info@servicesforseniors.ca
<i>Toronto Foot Clinic</i>	<ul style="list-style-type: none"> • Website: http://downtowntorontofoot.com/ • Address: 483 Bay Street, Lower Level, South Tower Suite B1-09, Toronto, ON M5G 2E1 • Tel: 647-793-8784 • Email: downtowntorontofootclinic@gmail.com
<i>The Foot Clinic</i>	<ul style="list-style-type: none"> • Website: http://www.wetreatsorefeet.com/ • Address: 224-4915 Bathurst St, Toronto, ON, M2R 1X9 • Tel: 416-638-FEET (3338)

<p>Women's College Hospital's Family Practice Foot Clinic</p>	<ul style="list-style-type: none"> • Website: http://www.womenscollegethospita.ca/programs-and-services/foot-care-centre • Address: 77 Grenville Street 1st floor Toronto, ON M5S 1B3 • Tel: 416-323-6060 extension 4950 • Email: footcarecentre@wchospital.ca • This clinic is only for patient associated with Women's College Hospital's family practice and it has a reduced rate for individuals based on financial need.
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5. Home and travel assistance: includes travel/transport assistance, medical travel, health equipment coverage, vehicle and home modification.

Medical Travel Assistance	
<p>Tax Credits</p>	<p>Travel Expenses: if you had to travel at least 40 km one-way to access medical services not available in your community, you may be able to claim public transportation costs or vehicle expenses (if public transportation is not readily available in your community). You may also be able to claim some of your meal and accommodation expenses.</p>
<p>Northern Health Travel Grant (NHTG) - Ministry of Health and Long-term Care</p>	<p>Tel: 705-675-4010 or 1-800-461-4006</p> <p>Web: http://www.health.gov.on.ca/en/public/publications/ohip/northern.aspx</p> <p><i>Who qualifies?</i></p> <ul style="list-style-type: none"> • OHIP- insured Ontario resident on the date of treatment, and if your primary place of residence is in the districts of Algoma, Cochrane, Kenora, Manitoulin, Nipissing, Parry Sound, Rainy River, Sudbury, Thunder Bay, or Timiskaming • A northern physician, dentist, optometrist, chiropractor, midwife or nurse practitioner has referred you before the travel takes place. • You are referred to a medical specialist who is certified by the Royal College of Physicians and Surgeons of Canada (RCPSC), or a Winnipeg (Manitoba) physician enrolled on the Manitoba Health Specialist Register and permitted to bill as a specialist; or a physician who holds a specialist certificate of registration issued by the College of Physicians and Surgeons of Ontario (CPSO) in a recognized medical or surgical specialty other than family or general practice, • Or you are referred to an approved health care facility-based service under the Health Insurance Act for treatment by a provider in the facility (e.g. a midwife for hospital childbirth; technician for PET scan, or chemotherapy); and the nearest specialist or approved health care facility able to provide the type

	<p>of care you require in Ontario or Manitoba is at least 100 kilometers from your area of residence.</p> <p>If you do not have a northern referring provider, you may still qualify for a travel grant. Please contact the Ministry of Health and Long-Term Care, Claims Services Branch, at (705) 675-4010, or 1 800-461-4006.</p> <p><i>What does the program cover?</i></p> <ul style="list-style-type: none"> • Travel cost: the amount you receive is based on the two-way road distance (km) between your area of residence and the nearest medical specialist or Ministry designated health care facility able to treat you. The grant is calculated at 0.41 cents per kilometer (regardless of whether you travel by car, airplane, train or bus). There is a “deductible” of 100 km, so the first 100 km of your trip is not counted. • Accommodation: \$100 allowance for accommodation if the nearest medical specialist or Ministry-designated health care facility able to treat you is at least 200 km away (one way) from your area of residence.
<p>Provincial/Federal Government Programs for Specific Client Groups</p>	<p><i>Ontario Disability Support Program (ODSP) / Ontario Works (OW)</i> Eligible ODSP/OW recipients who spend \$15 or more every month to travel to medical appointments or treatments may be able to have this money reimbursed. Travel must be using the most “economical” mode of transportation that your doctor (or other healthcare professional) indicates you can use and that is readily available in your community. The program may also cover cost of out-of-town travel for medically-necessary healthcare services not available in your home community. Contact your case worker directly for more information.</p> <p><i>Healthcare Benefits Program (POC 2 – Ambulance / Medical Travel Services) – Veterans Affairs Canada</i> Program provides coverage for costs related to travel for health care services/medical treatment for eligible Veterans, retired CF members, retired RCMP members, etc. Eligible expenses include items such as transportation, parking, meals, lodging, approved out-of-province travel and, when required, someone to accompany you while you are travelling for treatment. Travel must be within Canada (at nearest treatment centre able to treat you), by the most convenient and economical means appropriate to the medical condition of the Veteran. Benefit coverage may vary by client group and by individual. Contact VAC directly for more information.</p> <p><i>Non-Insured Health Benefits (NIHB) – First Nations and Inuit Health Branch - Health Canada</i> Program covers cost of travel for medically-necessary health services not available in your local community (e.g. travel for doctor’s appointments, hospital care, health programs available to other Ontario residents, other eligible NIHB healthcare services, alcohol/solvent/drug abuse and detox treatment programs). Treatment must be at nearest healthcare facility able to treat you, using the most economical and efficient</p>

	<p>means of transportation (appropriate to your medical condition). Program may also provide assistance to cover cost of meals and accommodation. Access to Medical Transportation Benefits requires approval in advance, except in emergency situations. To be eligible for NIHB benefits, you must belong to one of the following groups: a registered Indian according to the Indian Act; an Inuk recognized by one of the Inuit Land Claim organizations; or an infant less than 1 year of age whose parent is an eligible recipient. Contact NIHB directly for more information.</p>
<p>Hope Air</p>	<p>Tel: 1-877-346-HOPE (4673)</p> <p>Web: www.hopeair.ca</p> <p><i>Who qualifies?</i> Canadians in financial need who require assistance with cost of air travel to access medically necessary healthcare services not available in their home community.</p> <p>The healthcare service you need must be an approved service/treatment (covered by your provincial health plan) and your doctor must confirm that you are medically fit to fly.</p> <p><i>What does the program cover?</i> Hope Air is Canada’s only nation-wide charity providing free flights to people who cannot afford the cost of an airline ticket to get specialized medical care outside their home communities. Flights are provided free-of-charge to eligible clients and are arranged through Canada’s national and regional airlines or on private planes.</p> <p>NOTE: Hope Air will request financial information from you to confirm financial need.</p>
<p>Air Canada – Kids’ Horizons Hospital Transportation Program</p>	<p>Tel: For more information, please contact the pediatric hospital where child will be receiving treatment</p> <p><i>Who qualifies?</i> Children/families in financial need who require assistance with the cost of air travel to access medically necessary healthcare services not available in their home community.</p> <p>NOTE: Child must require treatment at a pediatric (children’s) hospital in Canada.</p> <p><i>What does the program cover?</i> Program operates through approximately 15 pediatric hospitals across Canada. Program covers cost of air travel from home community to pediatric hospital where child will be receiving treatment. Families must be in financial need.</p> <p>NOTE: Requests for assistance must be submitted through pediatric hospital where child will be receiving treatment. Parents cannot contact Air Canada directly to request assistance.</p>

Home & Vehicle Modification Assistance	
Residential Rehabilitation Assistance Program for Persons with Disabilities	<p>Canada Mortgage and Housing Corporation (CMHC)</p> <p>Tel: 1-800-668-2642</p> <p>Web: http://www.cmhc-schl.gc.ca</p> <p><i>Who qualifies?</i></p> <p>Homeowners and landlords may qualify for assistance if property is occupied (or intended to be occupied) by a low-income person with a disability; is owned and the house is valued below a certain amount; OR is rented and the rent is less than the established levels for the area; and property does not have any major deficiencies to structure or systems.</p> <p>Assistance is in the form of a fully-forgivable loan (certain conditions apply).</p> <p><i>What does the program cover?</i></p> <p>Home modifications must be related to housing and reasonably related to the occupant's disability. Examples of eligible modifications: ramps, handrails, chair lifts, bath lifts, height adjustments for countertops, cues for doorbells / fire alarms, etc.</p>
Home Adaptations for Seniors' Independence (HASI)	<p>Canada Mortgage and Housing Corporation (CMHC)</p> <p>Tel: 1-800-668-2642</p> <p>Web: http://www.cmhc-schl.gc.ca</p> <p><i>Who qualifies?</i></p> <p>Homeowners and landlords may qualify for assistance if occupant is 65 years of age or over and has difficulty with activities of daily living due to loss of ability brought on by aging; total household income is at or below the program income limit for the area; and the home is a permanent residence. Assistance is in the form of a forgivable loan of up to \$3500 (certain conditions apply).</p> <p><i>What does the program cover?</i></p> <p>Eligible adaptations must be minor items related to loss of ability (e.g. handrails in hallways, levers on doors, grab bars in bathtub, etc.). Adaptations must be permanently installed or fixed to dwelling, improve access to basic facilities within the home and increase the physical safety of the resident.</p>

<p>Home & Vehicle Modification Program - Ontario March of Dimes</p>	<p>Funded by the Ministry of Community and Social Services; administered by the Ontario March of Dimes</p> <p>Tel: 1-800-263-3463</p> <p>Web: http://www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx</p> <p><i>Who qualifies?</i></p> <p>Ontario residents (of any age) with a disability that restricts mobility and results in substantial restriction of daily activities (personal care and functioning in the community); impairment must be expected to last at least one year or more. NOTE: Program is intended to serve those most in need and to be a program of last resort; all applicants must first access any available sources of private or public funding before being considered eligible.</p> <p><i>What does the program cover?</i></p> <p>Provides funding for basic home or vehicle modifications to allow children/adults with disabilities to continue living safely in their home, avoid job loss and participate in the community.</p> <p>One-time only funding, except in special circumstances. Grant limits: up to \$15,000 max for home modifications; up to \$15,000 every 10 yrs. for vehicle modifications. Modifications must be pre-approved. Contact Program directly for more info.</p>
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Ontario Content By:

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Amina Hussain, MSW intern Factor-Inwentash Faculty of Social Work, University of Toronto

Drs. Serena Pisani, Omar Saeed, Narendra Singh, Nada Alhashemi, Jenny Wang, Calvin Ke, Christine Ibrahim, Bikram Sindhu, Angela Assal, Vithika Sivabalasundaram – University of Toronto Endocrinology & Metabolism Fellows (2015-2017, 2017-2018).

Kristen Cain BSc Candidate (University of Toronto) and Zoe Hunter, BAsc (Volunteer)

Under the Guidance and supervision of Dr. Sheila Laredo, Endocrinology at Women’s College Hospital

Newfoundland

1. Financial Assistance Programs (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

Drug Plans	http://www.health.gov.nl.ca/health/prescription/nlpdp_plan_overview.html#1
NLPDP The 65Plus Plan	<p>For residents 65 years of age and older in receipt of Old Age Security Benefits (OAS) and Guaranteed Income Supplement (GIS). Must be a resident of Newfoundland and Labrador and in receipt of a Medical Care Plan card.</p> <p>No annual fee. Dispensing fee paid at time of drug acquisition up to \$6 per prescription.</p> <p>No application required. Card automatically issued once GID and OAS dispensed to an individual.</p> <p>Application Available for Landed Immigrants: http://www.health.gov.nl.ca/health/prescription/65plus_plan_for_landed_immigrants_application_form.pdf</p>
NLPDP The Access Plan	<p>For eligible low-income families with coverage determined by net income status. Must be a resident of Newfoundland and Labrador and in receipt of a Medical Care Plan card.</p> <p>Requirements;</p> <ul style="list-style-type: none"> - Families with children or single parents with net annual income equal to or less than \$42, 870 - Spouses without children and net income of \$30,009 or less - Single persons with net income \$27,151 or less <p>No annual fee. Co-payment of 20-70% of total prescriptions dependent on income level. Includes dental service coverage for dependents aged 13-17.</p> <p>For application: http://www.health.gov.nl.ca/health/forms/pdf/nlpdp_application.pdf</p>
NLPDP The Assurance Plan	<p>For persons/families with drug costs that exceed certain percentages of net income. Must be a resident of Newfoundland and Labrador and in receipt of a Medical Care Plan card. Based on the drug costs exceeding the following;</p> <ul style="list-style-type: none"> - 5% of net income for those earning less than \$40,000 - 7.5% of net income for bracket of \$40,000 to \$75,000 - 10% of net income for bracket of \$75,000 to \$150,000

	<p>No annual fee. Co-payment per prescription will be determined based on income bracket.</p> <p>For application: http://www.health.gov.nl.ca/health/forms/pdf/nlpdp_application.pdf</p>	
NLPDP The Select Needs Plan	<p>Specifically for those with Cystic Fibrosis and Growth Hormone Deficiency. Provides 100% coverage. No annual fee. Must be a resident of Newfoundland and Labrador and in receipt of a Medical Care Plan card. Must be a resident of Newfoundland and Labrador and in receipt of a Medical Care Plan card.</p> <p>No application required. Card automatically issues by Department of Health and Community Services is notified by Eastern of diagnosis of the above conditions.</p>	
NLPDP Foundation Plan	<p>No annual fee. Covers 100% of eligible prescription drugs for those meeting the following requirements;</p> <ul style="list-style-type: none"> - Persons/families in receipt of income support from the Department of Advanced Education and Skills - Children in the care of Child, Youth and Family Services - Persons in supervised care <p>Must be a resident of Newfoundland and Labrador and in receipt of a Medical Care Plan card.</p> <p>No application required. Program Card automatically issued.</p>	
Blood Glucose Test Strips Program	<p>Beneficiaries of any NLPDP can access an annual maximum of covered blood glucose test strips under the following conditions;</p> <ul style="list-style-type: none"> - 2500 strips for those on short-acting insulin - 700 strips for those on long-acting insulin ONLY - 100 strips for those receiving diabetes medications ONLY and NO insulin - 50 strips for those on NO diabetes medications or insulin - Extended strips can be provided on an approval basis <p>Special Authorization Request Form for Test Strips: http://www.health.gov.nl.ca/health/forms/pdf/Test_Strip_Auth_Form.pdf</p>	<p>**Beneficiaries with <u>Gestational Diabetes or Type 2 Diabetes</u> in pregnancy will be required to seek prior approval for authorization of strip numbers requested by Health Care Professional. See Special Authorization Request Form.</p>
Special Authorization Oral Agents	<p>Special Authorization Request Forms has be submitted by all NLPDP Beneficiaries for coverage of special Type 2 Diabetes Oral Agents including the following;</p> <ul style="list-style-type: none"> - DPP-4 Inhibitors; Trajenta, Onglyza, Januvia - Combination formulas; Xigduo, Jentadueto, Komboglyze, Janumet, Janumet XR - SGLT2 Inhibitors; Invokana, Forxiga, Jardiance 	

	<ul style="list-style-type: none"> - Actose - Gluconorm <p>For application form; http://www.health.gov.nl.ca/health/forms/pdf/oral_diabetes.pdf</p>
Provincial Home Support Program	<p>Provides home support services which can be subsidized based on an annual financial ceiling. Services provided include a wide variety of providers;</p> <ul style="list-style-type: none"> - Physicians - Social workers - Dieticians, specialized therapists, - Home support workers etc. <p>For more information contact your regional health authority:</p> <p>Eastern health: St. John’s region/Northeast Avalon Peninsula: 709.752.4835/4717 • Avalon Peninsula /Conception Bay North: 709.786.5217 • Clarenville/Burin and Bonavista Peninsula areas: 709.466.5700</p> <p>Central Health: 709.651.6324</p> <p>Western Health: 709.695.6263</p> <p>Labrador-Grenfell Health: 1.833.284.4751</p> <p>More information: http://www.health.gov.nl.ca/health/personsdisabilities/fundingprograms_hcs.html#tps</p>

2. Information on Diabetes: Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

Diabetes Education Centers	<p>Outpatient Diabetes Education Services</p> <p>Includes access to diabetes educators, RN, RD and NPs in the following areas;</p> <ul style="list-style-type: none"> - Blood sugar monitoring, highs and lows management - Healthy eating, carbohydrate counting - Active living and self-prevention of complications - Medication, Insulin and pump support
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	<p>Eastern Health Location;</p> <p>Suite 206/ 35 Major’s Path St. John’s NL A1A 4Z9 Telephone: 709-752-3624 Fax: 709-752-3639</p>	
	<p>Labrador-Grenfell Health Location:</p> <ul style="list-style-type: none"> • Happy Valley-Goose Bay, Black Tickle and North Coast: (709) 897-2129 • Labrador City/Wabush and Churchill Falls: (709) 285-8201 • North West River, Sheshatshiu and Natuashish: (709) 497-3836 • L'Anse au Clair to Norman Bay: (709) 949-0253 and (709) 921-6228 • Flower's Cove and Roddickton area: (709) 456-2401 and (709) 457-2215 • St. Anthony area: (709) 454-3333, ext. 280 	
	<p>Central Health Locations;</p> <p>Gander – James Paton Memorial Regional Health Centre Tel: 709-256-5601</p>	<p>Windsor – Central Newfoundland Regional Health Centre Tel: 709-292-2437</p>
	<p>Western Health Locations;</p> <p>Bonne Bay Bonne Bay Health Centre Phone: 458-2211 extension 260</p> <p>Burgeo/Ramea Calder Health Centre Phone: 886-1550</p> <p>Corner Brook/Bay of Islands Western Memorial Regional Hospital Phone: 637-5000 extension 5388</p>	<p>Deer Lake/White Bay 20 Farm Road Phone: 635-7830/7831</p> <p>Port aux Basques Dr. Charles L. LeGrow Health Centre Phone: 695-6285</p> <p>Port Saunders Rufus Guinchard Health Center Phone: 861-9126 extension 6</p> <p>Stephenville/Bay St. George Sir Thomas Roddick Hospital Phone: 643-5111 extension 458</p>
<p>Janeway Diabetes Clinic</p>	<p>Eastern Health Division</p> <p>Family-centered care for children with Type 1 diabetes. Outpatient clinic care provided by nurses and physicians</p> <p>Requires referral by physician</p> <p>Diabetes Main Line 709-777-4680 Fax Referrals to: 709-777-4726</p>	

<p>Remote Patient Monitoring Program</p>	<p>Eastern Health Division</p> <p>Free at-home nurse-led monitoring program for those in the Eastern Health region with diabetes, heart failure or COPD.</p> <p>Eligibility criteria;</p> <ul style="list-style-type: none"> - Diagnosis of diabetes, heart failure or COPD - At least 1 ED visit or hospital admission related to disease - Age greater than 18 - Lives in residential setting in access to internet or cellular services - In Eastern Health’s regional boundaries 	<p>More information/Enrollment:</p> <p>Local: 709-777-3905 Toll-Free: 1-844-455-3905 Email: RPM@easternhealth.ca Fax: 709-777-3793</p> <p>More information; http://www.easternhealth.ca/OurCommunity.aspx?d=2&id=2273&p=1487</p>
<p>Chronic Disease Self-Management Program</p>	<p>Improving Health My Way</p> <p>Free 6-week workshop for individuals with chronic illness (including Diabetes). Main goals of the program;</p> <ul style="list-style-type: none"> - Better communication with healthcare team - Exercises - Coping mechanisms - Medication management and healthy eating <p>More information; http://www.health.gov.nl.ca/health/chronicdisease/improving_health_my_way.html</p>	<p>Eastern Health Contact Information;</p> <p>Phone: (709) 752-3946 Toll free: 1-866-880-8998 Fax: (506) 455-4728 Email:</p> <hr/> <p>Western Health</p> <p>Tel: 709-637-5000 ext. 6689 Email: selfmanagement@westernhealth.nl.ca</p> <hr/> <p>Central Health</p> <p>Tel: 709-256-5690 E-mail: selfmanagement@centralhealth.nl.ca</p> <hr/> <p>Labrador-Grenfell Health</p> <p>Catherine Pilgrim Regional Chronic Disease Self Management Program Co-ordinator</p>

		<p>Labrador-Grenfell Health St. Anthony, NL A0K 4S0</p> <p>Telephone 1 709 454 3333 ext. 7364 Fax: 1 709 454 2464</p> <p>E-mail catherine.pilgrim@lghealth.ca</p>
<p>St. John's Native Friendship Centre</p>	<p>The Urban Aboriginal Diabetes Initiative</p> <p>Education and awareness program for Aboriginal peoples in St. John's metro area. Aim is to promote healthy living and diabetes prevention.</p> <p>Location: 716 Water Street, St. John's NL A1E1C1</p> <p>More information:</p> <p>Aboriginal Patient Navigators Solomon Semigak (709) 777-2110 SolomonSemigak@sjnfc.com and Katie Dicker Katie.Dicker@sjnfc.com (709) 777-2110</p>	

3. Vision care; No government –funded services.

<p>CNIB</p>	<p>No financial assistance programs are available however CNIB does have programs for those who have lost their sight including;</p> <ul style="list-style-type: none"> • Low vision services • Essential skills for daily living • Travel and mobility instruction • Service coordination and counseling <p>More information; http://www.cnib.ca/en/newfoundland/Pages/default.aspx</p>
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4. Foot care; No government –funded services.

The Podiatry Associates	Find a podiatrist in your area for diabetic food care. Fees apply. More information: http://www.doyourfeethurt.ca/podiatry/
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5. Home and travel assistance: includes travel/transport assistance, medical travel, health equipment coverage, vehicle and home modification.

Medical Transport Assistance Program	<p>Medical Care Plan Beneficiaries required to travel for specialized insured medical services can be eligible for;</p> <ul style="list-style-type: none"> - Airfare - Private vehicle use/taxi fares - Registered accommodations - Busing and ferry use <p>Specialized medical services that are eligible under the program include;</p> <ul style="list-style-type: none"> - Specialist physicians visit - Special therapeutic treatments; chemotherapy, dialysis, radiation - Special investigations; MRI, PET scans <p>Intra-provincial travel required physician referral. Out of province travel coverage required specialist physician referral.</p> <p>Costs are paid upfront and then submitted for coverage.</p> <p>For more information: http://www.health.gov.nl.ca/health/mcp/travelassistance.html#claimed</p> <p>See below for application forms.</p> <p>Application for 50% pre-payment of Airfare; http://www.health.gov.nl.ca/health/mcp/Claim_50P.pdf</p> <p>Application for Private Vehicle Usage; http://www.health.gov.nl.ca/health/mcp/Claim_PVU.pdf</p> <p>Application for Airfare and Registered Accommodations; http://www.health.gov.nl.ca/health/mcp/Claim_APRA.pdf</p>
Red Cross Health Equipment Loan Program (HELP)	<p>The Canadian Red Cross has short-term loan programs which can provide health-related equipment including;</p> <ul style="list-style-type: none"> - Wheelchairs, walkers, canes, crutches - Bath seats - Benches - Commodes, toilet seats - Bed handles <p>More information: http://www.redcross.ca/in-your-community/newfoundland-and-labrador/health-equipment-loans</p>

	Western NL Service Centre	30 Main Street Corner Brook, NL A2H 1C2 Tel: 709-634-4626 Fax: 709- 634-1370
	Central Service Centre	9 Queenswat Grand Falls-Windsor, NL A2B 1K9 Tel: 709-489-5522 Fax: 709-489-6602
	Newfoundland and Labrador Provincial Office	17 Majors Path St. John's, NL A1A 4Z9 Tel: 709-758-8400 Fax: 709-758-8417

Newfoundland Content by: Dr. Sara Campbell, Internal Medicine Resident, University of Toronto

New Brunswick

1. Financial Assistance Programs (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

Drug Plans	http://www2.gnb.ca/content/gnb/en/departments/health/MedicarePrescriptionDrugPlan/NBDrugPlan.html
NB Drug Plan	<p>NB Drug Plan is a prescription drug plan for those without private drug insurance and a valid Medicare card. Costs include monthly premiums based on income and 30% copay per prescription.</p> <p>More information: http://www2.gnb.ca/content/gnb/en/departments/health/MedicarePrescriptionDrugPlan/NBDrugPlan.html</p>
NBPDP for Seniors	<p>Drug Plan for seniors (over 65) who receive the federal Guaranteed Income Supplement (GIS) OR qualify based on income;</p> <ul style="list-style-type: none"> • Single senior with annual income of less than \$17,198 • Senior couple (both over 65) with annual income of less than \$26,955 • Couple with one person 65 or older with an annual income less than \$32,390 <p>There is NO annual premium. Co-pay per prescription \$9.05 up to annual ceiling of \$500 per person. Must be a permanent resident of NB and have Medicare card.</p> <p>Seniors Kit PDF; http://www2.gnb.ca/content/dam/gnb/Departments/hs/pdf/en/NBDrugPlan/SeniorsKit.pdf</p>
NBPDP for Nursing Home Residents	<p>Drug plan for individuals who reside in a nursing home. No annual fee or co-payments apply.</p> <p>Eligibility is determined by the Department of Social Development</p> <p>Regional Office contacts; Social Development Region Offices: Acadian Peninsula: 1-866-441-4149 Chaleur: 1-866-441-4341 Edmundston: 1-866-441-4249 Fredericton: 1-866-444-8838 Saint John: 1-866-441-4340 Miramichi: 1-866-441-4246 Moncton: 1-866-426-5191 Restigouche: 1-866-441-4245</p> <p>More information; http://www2.gnb.ca/content/gnb/en/services/services_renderer.8935.html</p>

<p>NBPDP for Social Development Clients</p>	<p>For individuals who have a valid health card issues by the Department of Social Development.</p> <p>No annual fee. Co-payment of \$4.00 for each prescription for adults 18 and over. Prescriptions for children under 18 have co-pay for \$2.00. Maximum annual co-pay ceiling of \$250 per family unit.</p> <p>Drug coverage is determined by the Department of Social Development.</p> <p>Regional Office Contacts; Acadian Peninsula: 1-866-441-4149 Chaleur: 1-866-441-4341 Edmundston: 1-866-441-4249 Fredericton: 1-866-444-8838 Saint John: 1-866-441-4340 Miramichi: 1-866-441-4246 Moncton: 1-866-426-5191 Restigouche: 1-866-441-4245</p> <p>More Information; http://www2.gnb.ca/content/gnb/en/services/services_renderer.8915.html</p>
<p>NBPDP for Children</p>	<p>Plan for children under the care of the Ministry of Social Development or special needs children.</p> <p>No annual fees and no co-payments for this plan.</p> <p>Eligibility determined by the Department of Social Development.</p> <p>Regional Office Contacts; Acadian Peninsula: 1-866-441-4149 Chaleur: 1-866-441-4341 Edmundston: 1-866-441-4249 Fredericton: 1-866-444-8838 Saint John: 1-866-441-4340 Miramichi: 1-866-441-4246 Moncton: 1-866-426-5191 Restigouche: 1-866-441-4245</p> <p>More Information; http://www2.gnb.ca/content/gnb/en/departments/social_development/services/services_renderer.10455.Children_and_Youth_in_Care_of_the_Minister_.html</p>
<p>NBPDP for Adults in Licensed residential facilities</p>	<p>Plan for those who are residents in a licensed residential facility as determined by the Department of Social Development</p> <p>No annual fee. Co-pay of \$4.00 for each prescription up to annual ceiling of \$250 per person.</p> <p>Regional Office contacts: Acadian Peninsula: 1-866-441-4149 Chaleur: 1-866-441-4341 Edmundston: 1-866-441-4249 Fredericton: 1-866-444-8838 Saint John: 1-866-441-4340 Miramichi: 1-866-441-4246 Moncton: 1-866-426-5191 Restigouche: 1-866-441-4245</p>

<p>Pediatric Insulin Pump Program</p>	<p>For children and youth 18 and younger with Type 1 diabetes meeting the following criteria;</p> <ul style="list-style-type: none"> • Regular follow-up by diabetes health care team at least 3 times per year • Demonstrate sound knowledge of diabetes management • Self-monitoring glucose minimum of 4 times per day and continue to do so • Completion of insulin pump educational program • Appropriate ongoing family support and actively working to meet A1c goals • No more than 2 DKA episodes in the previous 6 months <p>CGM supplies, testing strips and other accessories are not included</p>	<p>Approved Vendors and Devices;</p> <p>http://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/Diabetes/Approved-Vendors.pdf</p>
<p>Diabetic Supplies</p>	<p>For those eligible for Basic Assistance under the Department of Social Development OR eligible for section 4(4) health coverage. Applies to those;</p> <ul style="list-style-type: none"> • Newly diagnosed with Diabetes • Taking oral medications for diabetes • Insulin dependent diabetes <p>For more information; http://www2.gnb.ca/content/gnb/en/departments/social_development/policy_manual/items.html#3.9.9</p>	
<p>Disability Support Program</p>	<p>Provides disability supports for New Brunswick residents aged 19-64 with long-term disability who have unmet support needs including;</p> <ul style="list-style-type: none"> - Home support workers, respite care - Skills training - Transportation supports - Residential facility services <p>For more information: http://www2.gnb.ca/content/gnb/en/services/services_renderer.200972.html#serviceDescription</p> <p>Direct Contact: sd-ds@gnb.ca</p>	

Smoking Cessation Therapies	<p>NB Drug Plans cover a maximum of 12 weeks of standard therapy annually without special authorization. Includes;</p> <ul style="list-style-type: none"> • Bupropion • Varenicline • Nicotine Replacement therapies <p>More information: http://www2.gnb.ca/content/gnb/en/departments/health/MedicarePrescriptionDrugPlan/NBDrugPlan/ForHealthCareProfessionals/SmokingCessationTherapies.html</p>
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2. **Information on Diabetes:** Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

Horizon Health Network Diabetes Education Centers	<p>For other locations please visit; http://en.horizonnb.ca/facilities-and-services/services/clinics/diabetes-clinics.aspx</p>	
	<p>Moncton Location: Clinic A, The Moncton Hospital. 135 MacBeath Avenue. The clinic is located in the Irving Ambulatory Care Centre. Underground parking can be accessed by Walsh Street. Parking is also available across from main entrance of hospital. Parking is \$2 per hour, cash only.</p>	<p>Hours of Operation: Monday - Friday, 8:00 am - 4:00 pm Telephone: (506) 857-5269</p>
	<p>Sackville Location: The Sackville Memorial Hospital. 8 Main Street. Free parking is available.</p>	<p>Hours of Operation: Monday - Thursday, 8:00 am - 4:00 pm Telephone: (506) 364-4247</p>

	<p>Fredericton Location: Fredericton Medical Building. 1015 Regent Street. Parking is \$3 for the day.</p>	<p>Hours of Operation: Monday-Friday, 8:00 a.m. – 4:00 p.m.</p> <p>Telephone:506-452-5180</p>
<p>Live Well/ Bien Vivre</p>	<p>Health coaching program funded by the Government of New Brunswick in associated with Diabetes Canada. Provides free programs to anyone over the age of 19.</p> <p>Programs/resources offered include;</p> <ul style="list-style-type: none"> • Workplace wellness • Health coaching workshops • Healthy eating • Physical activity • Mental wellness • Smoking cessation 	<p>Contact Information;</p> <p>730 McLeod Avenue Fredericton, NB E3B 1V5</p> <p>Phone: (506) 451-1633 Toll free: 1-800-884-4232 Fax: (506) 455-4728 Email:</p> <p>Office hours: Monday to Friday, 8:30 A.M. to 4:30 P.M. Health Coaches: by appointment</p>
<p>Aboriginal Diabetes Initiative</p>	<p>Union of New Brunswick Indians</p> <p>Provides community-based program for First Nations and Inuit groups with aims to;</p> <ul style="list-style-type: none"> - Prevent development of type 2 diabetes - Promote healthy lifestyles - Screening and diabetes management <p>Certified Community Educators:</p> <p>Union of NB Indians Vicki Thomas 506-458-9444</p>	

	Union of NS Indians Ann Gottschall 902-863-8455 MAWIW Inc. Laurie Ann Nicholas 506-461-2965 Confederacy of Mainland Mi'kmaq Kayla Thomas 902-890-0601 More information: http://www.unbi.org/aboriginal-diabetes-initiative-adi	
First Nations Diabetes Services	Available at a number of health centers including; Madawaska Maliseet First Nation; nutrition programs, foot care clinics, diabetes screening, management and prevention	http://www.madawaskamaliseetfirstnation.com/welcome.html
	St. Mary's First Nation Health Services; primary health services with diabetes-specific care	http://www.stmarysfirstnation.com/ Tel: (506) 458-9511, Toll-Free: 1-888-445-6644, Fax: (506) 462-9491
	Woodstock First Nations Health Centre; diabetes workshops, foot care clinics and healthy lifestyle programs	http://www.woodstockfirstnation.com/ Tel: (506) 328-3303, Fax: (506) 328-2420
	Fort Folly First Nation; lifestyle programs, diabetes awareness and foot care clinics	http://www.fortfolly.nb.ca/ Tel: (506) 379-3400, Fax: (506) 379-3408
	Eel Ground Health Wellness Centre; Diabetes care clinics	http://www.eelgroundhealthcentre.com/ Tel: (506) 627-4664, Fax: (506) 627-4715

2. **Information on Diabetes:** Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

3. Vision care

Health Services Vision Program	For those 19 years or older who have special health need and who qualify for assisted health care under Section 4.4 of the Family Income Security Act and Regulations. Coverage includes the following every two years; <ul style="list-style-type: none"> • Major eye exam
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	<ul style="list-style-type: none"> • Minor eye exams • Visual fields test • Selected frames <p>There is a 30% participation fee on dispensing services.</p> <p>For more information: http://www2.gnb.ca/content/gnb/en/services/services_renderer.7975.html</p>
<p>Healthy smiles, Clear Vision</p>	<p>For those who are New Brunswick residents and have dependents 18 or younger with no other dental and vision coverage. Family net income must not exceed the following;</p> <ul style="list-style-type: none"> * 2 people - \$22,020 * 3 people - \$26,969 * 4 people - \$31,142 * 5 people - \$34,817 * 6 people - \$38,141 * 7 people - \$41,196 <p>Coverage;</p> <p>Dental: The dental program will cover basic items, such as regular exams, X-rays and extractions, with some focus on preventative treatments such as sealants and fluoride treatments.</p> <p>Vision: The vision program will cover basic items such as yearly exam, lenses and frames.</p> <p>If you have further questions about the Healthy Smiles, Clear Vision plan, please contact Medavie Blue Cross toll free at 1-855-839-9229 or in the greater Moncton area at 867-6026.</p> <p>More information: http://www2.gnb.ca/content/gnb/en/services/services_renderer.201286.Healthy_Smiles,_Clear_Vision.html</p>
<p>CNIB</p>	<p>No financial assistance programs are available however CNIB does have programs for those who have lost their sight including;</p> <ul style="list-style-type: none"> • Low vision services • Essential skills for daily living • Travel and mobility instruction • Service coordination and counseling <p>More information;</p> <p>https://nb.visionlossrehab.ca/en</p> <p>http://www.cnib.ca/en/new-brunswick/programs-services/Pages/default.aspx</p>

4. Foot care

Health Services Orthopedic Program	<p>For those 19 years or older who have special health need and who qualify for assisted health care under Section 4.4 of the Family Income Security Act and Regulations. Coverage includes the following every two years;</p> <ul style="list-style-type: none"> • Custom braces and supports • Therapeutic and orthopedic footwear • Custom made shoes and insoles • Modifications and repairs <p>Most items are available once every 2 years for adults and annually for children with no cost.</p> <p>For more information: http://www2.gnb.ca/content/gnb/en/services/services_renderer.8155.html</p>
New Brunswick Podiatry Association	<p>Find a podiatrist in your area for specialist diabetic foot care services. Fees apply.</p> <p>More information: https://www.nbpodiatry.org/</p>
Diabetic Foot/Nail Care	<p>Application available via the Department of Social Development. Eligibility is individual specific. Maximum allowable benefit is \$45.00 every 60 days.</p> <p>Application form: http://www2.gnb.ca/content/dam/gnb/Departments/sd-ds/pdf/HealthServices/forms/FootNailCareFormDiabetic.pdf</p> <p>For more information: SOCIAL DEVELOPMENT Health Services Unit P.O. Box 5500, Fredericton, N.B., E3B 5G4 Toll free number 1-844-551-3015 Fax: (506) 453-3960</p>

5. Home and travel assistance: includes travel/transport assistance, medical travel, health equipment coverage, vehicle and home modification.

Vehicle Retrofit Program	<p>Individuals, organizations, municipalities or private companies providing transportation services to disabled persons.</p> <p>Features includes some of the following;</p> <ul style="list-style-type: none"> • Wheelchair/scooter lifts and ramps • Roof/floor and door alterations • Special needs seating • Hand controls • Wheelchair tie downs and restraint systems <p>Provisions;</p> <ul style="list-style-type: none"> • 80% of the cost of eligible accessibility features for a new or existing vehicle to a maximum total of \$8000 • Taxes are not included with some exceptions • Renewable every 8 years for individuals, every 5 years for organizations <p>More information: http://www2.gnb.ca/content/gnb/en/services/services_renderer.7715.Vehicle_Retrofit_Program_(Persons_with_Disabilities).html</p>
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	<p>Application Form: https://www.pxw1.snb.ca/snb7001/e/1000/CSS-FOL-40-9147E.pdf</p>
<p>Red Cross Health Equipment Loan Program (HELP)</p>	<p>The Canadian Red Cross has short-term loan programs which can provide health-related equipment including;</p> <ul style="list-style-type: none"> - Wheelchairs, walkers, canes, crutches - Bath seats - Benches - Commodes, toilet seats - Bed handles <p>More information: http://www.redcross.ca/in-your-community/new-brunswick/health-equipment-loans</p>

New Brunswick Content by: Dr. Sara Campbell, Internal Medicine Resident, University of Toronto

Prince Edward Island

1. **Financial Assistance Programs** (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

<p>PEI Pharmacare</p>	<p>Diabetes Drug Program</p>	<p>https://www.princeedwardisland.ca/en/information/health-pei/diabetes-drug-program</p>
<p>Prescription Medication Coverage</p>	<p>PEI residents living with diabetes are eligible for benefits under the PEI Pharmacare’s Diabetes Drug Program. Registration is required. Registration for program benefits can be made by physician / NP, community pharmacist or Health PEI diabetes educator.</p> <p>Diabetes Drug Program (DDP) benefits include some oral agents (\$11 co-pay), most insulins (\$10 co-pay for vial, \$20 for cartridges / pens) and blood glucose test strips for those on insulin (as noted below).</p> <p>Open benefit (with co-pay) for:</p> <ul style="list-style-type: none"> • Metformin • Gliclazide, glimepiride, glyburide • Insulin aspart, lispro, glulisine, NPH, glargine (rDNA origin) , premix regular/ NPH, and Humalog mix 25 <p>Special Authorization coverage (with co-pay) for</p> <ul style="list-style-type: none"> • DPP-4s and SGLT-2i . https://www.princeedwardisland.ca/sites/default/files/forms/dpp-4_sgl2_inhibitors_special_authorization_request_form.pdf • Insulin detemir and glargine insulin https://www.princeedwardisland.ca/sites/default/files/forms/long_acting_insulin_analogues_special_authorization_request_form.pdf <p>Complete PEI Pharmacare Formulary listing is available at https://www.princeedwardisland.ca/sites/default/files/publications/pei_pharmacare_formulary.pdf</p>	

<p>Glucose monitoring</p>	<p>Under PEI Pharmacare, 100 test strips per month for a co-pay of \$11, for individuals who have had insulin dispensed from a pharmacy in the province in the last 150 days</p> <p>Pregnant women, on insulin are eligible for an additional 150 blood glucose test strips per month, during pregnancy (to total 250 strips / month).</p> <p>Non-insulin users – no coverage for test strips</p> <p>***No coverage for continuous glucose monitoring sensors (Dexcom, Medtronic) or the Abbott Libre glucose sensors</p> <p>No coverage under PEI Pharmacare for cost of purchase of glucose meters. However glucose meters are available to clients of the Provincial Diabetes Program at no cost.</p>	
<p>Ketone testing</p>	<p>Urine ketone test strips available for \$11 per prescription under PEI Pharmacare.</p> <p>No blood ketone test strip coverage</p>	
<p>Glucagon</p>	<p>No coverage</p>	
<p>Insulin Pump and pump supplies</p>	<p>Includes the following manufacturers:</p> <ul style="list-style-type: none"> • Medtronic Canada • Insulet Canada <p>As of February 2018 Animas Canada no longer provides pump / pump supplies.</p>	<p>Coverage for children / youth up to age 19 for insulin pump and pump supplies.</p> <ul style="list-style-type: none"> • % of coverage is based on family household income. • % of assistance to cover pump and pump supplies is between 60% to a maximum of 90% <p>No coverage beyond age 18 years</p> <p>For more information https://www.princeedwardisland.ca/en/information/health-pei/insulin-pump-program</p>
<p>Insulin needles and lancets</p>	<p>No coverage under PEI Pharmacare for:</p> <ul style="list-style-type: none"> • Insulin syringes • Insulin pen needles • Lancets for blood glucose monitoring 	
<p>Social support programs</p>	<p>https://www.princeedwardisland.ca/en/information/services-a-famille-et-a-personne/social-assistance-program</p> <p>The Social Assistance Program helps individuals and families meet basic needs when they cannot. The program provides help on a case-by-case basis to people who meet the requirements.</p>	

	<p>Social Assistance will assist in paying for:</p> <ul style="list-style-type: none"> • Food • Shelter • Medications • Basic dental • Glasses • Funeral costs
Disability coverage	<p>Support available to assist with:</p> <ul style="list-style-type: none"> • Respite care • Technical aids • Community supports • Family support programs <p>https://www.princeedwardisland.ca/en/information/services-a-famille-et-a-personne/disability-support-program</p> <p>See below for additional disability support coverage (home / vehicle modification)</p>

2. Information on Diabetes: Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

<p>Diabetes Education Centers</p> <ul style="list-style-type: none"> • 5 main diabetes education centers in the province with satellite service available to other smaller communities • Once diagnosed by their primary care provider, PEI residents living with diabetes can self-refer to a program site nearest to their community. 	<p>https://www.princeedwardisland.ca/en/information/health-pei/diabetes-program?utm_source=redirect&utm_medium=url&utm_campaign=diabetes-program</p>	
	West Prince Diabetes Program	Phone # (902)859-0388
	O’Leary Health Center, O’Leary	Fax # (902) 859-3922
	East Prince Diabetes Program	Phone # (902) 432-2600
	Harbourside Family Health Center, Summerside	Fax # (902) 432-2610
	Queens West Diabetes Program	Phone # (902) 569-7562
		Fax # (902) 368-6936

<ul style="list-style-type: none"> • DEC staff includes registered nurses, registered dietitians, a provincial social worker, nurse practitioner (Charlottetown based) and admin support staff. • Includes specialty support for: <ul style="list-style-type: none"> ○ Women during pregnancy, ○ Pediatrics and ○ Insulin pumpers (all ages) • In addition to 1:1 counselling the DECs offers free group classes for: <ul style="list-style-type: none"> ○ Newly diagnosed type 2 ○ Prediabetes ○ Resistance band exercises. ○ Urban walking poles 	4 Neighborhoods Health Center, Charlottetown	
	Queens East Diabetes Program Sherwood Business Center, Charlottetown	Phone # (902) 368-4959 Fax # (902) 894-0321
	Kings Diabetes Program Montague Health Center, Montague	Phone # (902) 838-0787 Fax # (902) 838-0986
Healthy eating programs	<p>People living with diabetes can self-refer to a registered dietitian within the Provincial Diabetes Program to discuss healthy eating as part of their diabetes self-management plan. See contact information above</p> <p>Healthy eating classes / programs within Health PEI primary care networks vary across the province. Contact the registered dietitian in your network to inquire about upcoming programs /classes</p> <p>https://www.princeedwardisland.ca/en/information/health-pei/health-centres-offer-primary-care</p>	
Diabetes Prevention Pre-diabetes program	Pre-diabetes education and support is available through both group classes and / or 1:1 appts with a registered dietitian within Health PEI Primary Care centers.	

	<p>For a listing of primary care centers visit: https://www.princeedwardisland.ca/en/information/health-pe/health-centres-offer-primary-care</p>
<p>Living a Healthy Life</p>	<p>Living a Healthy Life is a 6-week self-management program for people with any type of chronic disease, their caregivers and loved ones, and anyone ready to make lifestyle changes to improve their health. Program participants will learn how to get started with healthy eating and exercise, manage symptoms, communicate better and make daily tasks easier.</p> <p>For more information visit: https://www.princeedwardisland.ca/en/information/health-pe/living-healthy-life-self-management-program</p> <p>Or contact via phone at 902-368-6721 or email at livingahealthylife@gov.pe.ca</p>
<p>Native Council of Prince Edward Island</p>	<p>Family Health and Wellness Program.</p> <p>Provides workshops to Aboriginal families including healthy lifestyle and disease prevention.</p> <p>More information contact Coordinator: wellness@ncpei.com</p>
<p>Smoking Cessation Program</p>	<p>Quitting smoking is the single most important thing a person can do for their health. The <i>Smoking Cessation Program</i> (Quit Care Program) is available to help residents of PEI to quit smoking</p> <p>For more information, visit https://www.princeedwardisland.ca/en/information/health-pe/quit-smoking for more information or speak to your primary care provider or</p>

	<p>health center https://www.princeedwardisland.ca/en/information/health-pei/health-centres-offer-primary-care</p> <p>Or contact Smokers' Helpline directly at 1-877-513-5333</p>
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3. Vision care

- PEI residents who have diabetes are eligible to receive retinopathy screening through their optometrist on an annual basis. The cost associated with the retinopathy screen (not the full optometry exam) is covered by the province. If there is evidence of retinopathy, a referral to an ophthalmologist is arranged to set up a treatment plan.

CNIB	<p>No financial assistance programs are available however CNIB does have programs for those who have lost their sight including;</p> <ul style="list-style-type: none"> • Low vision services • Essential skills for daily living • Travel and mobility instruction • Service coordination and counseling <p>More information; http://www.cnib.ca/en/ns-pei/Pages/default.aspx</p>
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4. Foot care

- The government of PEI does not provide financial assistance to offset the cost of preventive foot care (i.e. nail and skin care) or foot care devices (such as orthotics, off-loading devices etc...)
- Consideration for financial benefits under PEI Social Programs/ Financial Assistance for foot care / devices is assessed on an individual basis.

PEI Podiatry Association	<p>Find a Podiatrist in your area for specialized diabetic foot care services. Fees apply.</p> <p>More information: http://www.peipodiatry.com/patients/</p>
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5. Home and travel assistance: includes travel/transport assistance, medical travel, health equipment coverage, vehicle and home modification.

<p>Travel / Transport Assistance</p> <p>Medical Travel</p>	<p>Medical services for an emergency or sudden illness within Canada are covered for Island residents with a valid PEI Health Card.</p> <p>Costs may not be covered for out-of-province non-emergency medical or hospital service unless Health PEI approves the service in advance.</p> <p>https://www.princeedwardisland.ca/en/information/sante-i-p-e/out-of-province-travel-support-programs</p> <p>If you are a PEI Resident (with a valid PEI Health card) and have received prior approval from Health PEI for out-of-province medical services, you may be eligible for travel assistance under one of the following three programs:</p> <ol style="list-style-type: none"> 1) Maritime Bus Program (to travel to NS or NB) 2) Hope Air Flights 3) Hope Air Bridge Toll 4) Hope Air Ferry Pass (for travel to NS) <p>All requests for travel support, taking into consideration the following factors:</p> <ul style="list-style-type: none"> • Household income • Number of dependents in the household • Household expenditures • Other (i.e. annual health care-related expenses, frequency of out-of-province travel for health services, etc.)
<p>Health Equipment Coverage</p>	<p>Insulin pump program (up to age 19 years) see above</p> <p>Home care program https://www.princeedwardisland.ca/en/information/sante-i-p-e/home-care-program</p> <p>Home oxygen program https://www.princeedwardisland.ca/en/information/health-pei/home-oxygen-program</p>

Vehicle and Home Modification	<p>The province offers three different home renovation, modification, and repair programs.</p> <p>The Prince Edward Island Home Renovation Program (PEIHRP) has two components, one of which is available to all Islanders who meet the qualifications and the second, specifically for individuals who require renovations to their homes to accommodate a disability.</p> <p>There are also two programs that support Island seniors, the Seniors Home Repair Program, and the Seniors Safe @ Home Program. These two programs are available to low and modest income homeowners age 60 and over to help improve their homes and maintain their independence.</p> <ul style="list-style-type: none">• Seniors Home Repair Program https://www.princeedwardisland.ca/sites/default/files/publications/seniorshomerepairprog-web_version2017.pdf• Seniors Safe @ Home program: https://www.princeedwardisland.ca/en/information/family-and-human-services/seniors-safe-home-program <p>Under the PEI Disability Support Program, vehicle modifications for an eligible applicant are available to a lifetime maximum of \$2,000.00 of primary vehicle.</p>
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PEI Content by: Martha St.Pierre R.N. CDE, Provincial Diabetes Clinical Leader and Dr. Sara Campbell, Internal Medicine Resident, University of Toronto

Nova Scotia

1. Financial Assistance Programs (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

Drug Plans	https://novascotia.ca/dhw/pharmacare/nova-scotians.asp
Nova Scotia Seniors Pharmacare Program	<p>For Nova Scotia residents 65 years of age and older with no prescription drug coverage under any other programs. Applicants must have a valid Nova Scotia health card.</p> <p>Annual premium applies based on income with a ceiling of \$424/year.</p> <ul style="list-style-type: none"> - Single seniors with income less than \$22,986 will not be charged a premium. - Single seniors with income between \$22,986 and \$35,000 will be charged a reduced premium. - Coupled seniors with joint income less than \$26,817 will not be charged a premium. - Coupled seniors with joint income between \$26,817 and \$40,00 will have a reduced premium. - If eligible for Guaranteed Income Supplement (GIS) no annual fee is charged. <p>If no premium applied, then a copayment will be charged at 30% of the total cost of each prescription to a maximum of \$382.</p> <p>More information; https://novascotia.ca/dhw/pharmacare/seniors-pharmacare.asp</p>
Nova Scotia Family Pharmacare Program	<p>For Nova Scotia residents with a valid Nova Scotia health card. Family members must be under the age of 65 or live with a spouse or dependent under the age of 65 and are not covered under any other programs.</p> <p>A family consists of;</p> <ul style="list-style-type: none"> - A single adult (over age of 18) - Adult and spouse - Adult +/- spouse and all dependent children <p>Annual family copayments and deductibles apply according to total income.</p> <p>No annual premiums apply.</p> <p>More information: https://novascotia.ca/dhw/pharmacare/family-pharmacare.asp</p>

Department of Community Services Pharmacare Benefits	<p>Prescription drugs, devices and related services covered for eligible beneficiaries. Applies to the following individuals;</p> <ul style="list-style-type: none"> - Income assistance clients - Disability support program clients - Children in the care of child welfare - Low Income Pharmacare for children <p>More information; 1-877-424-1177</p> <p>https://novascotia.ca/coms/employment/income_assistance/Pharmacare.html</p>
Exception Status Drug Requests	<p>Pharmacare beneficiaries can apply for special coverage the following diabetes medications;</p> <ul style="list-style-type: none"> - Long-acting insulin analogues; Lantus and Levemir - Oral Diabetes treatments for patients with inadequate control on metformin and a sulfonylurea; Januvia, Onglyza, Trajenta, Janumet, Komboglyze, Jentadueto, Invokana, Jardiance, Forxiga, Xigduo - Rapid-acting insulin analogues; Apidra, Novorapid, Humalog <p>Forma available; https://novascotia.ca/dhw/pharmacare/exception-status-drugs.asp</p>
Insulin Pump program	<p>Run by Department of Health and Wellness Nova Scotia</p> <p>Provided for Nova Scotians age 25 and younger to help with the cost of both insulin pumps and pump supplies. Based on family income and size.</p> <p>For more information, Please contact Courtney Fortune, program coordinator, at 902-470-6707 or nsipp@nshealth.ca</p> <p>Website: https://novascotia.ca/dhw/nsipp/</p>
Disability Support Program	<p>Offers a number of different financial support options based on type of disability and financial status including</p> <ul style="list-style-type: none"> - Disability support program policy - End of life care Policy - Flex/Individualized Policy - Direct + Enhanced Family Support for Children <p>More information: https://novascotia.ca/coms/disabilities/SPDProgramPolicy.html</p>
Diabetes Assistance Program	<p>** NO LONGER ACCEPTING NEW BENEFICIARIES**</p> <p>Applied to patients enrolled prior to April 1, 2010 who are under age 65, have confirmed diabetes.</p>

2. Information on Diabetes: Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

<p>Diabetes Care Program of Nova Scotia</p>	<p>Outpatient Diabetes Education Services</p> <p>There are 38 full-time and part-time centers in Nova Scotia. Access to;</p> <ul style="list-style-type: none"> - Physicians and diabetes educators - Social workers - Mental health therapists - Pharmacists - Foot care via diabetes centre nurses <p>To find a diabetes centre in your area; http://diabetescare.nshealth.ca/guidelines-resources/diabetes-centres/location-map</p>
<p>Your Way to Wellness</p>	<p>Free 6-week chronic disease self- management program allowing participations to learn how to;</p> <ul style="list-style-type: none"> - Set goats and solve them - Improve communication with health-care team - Healthy lifestyle - Manage chronic health-related emotions <p>More information: 1-888-672-3444 or yw2w@nshealth.ca</p>
<p>Tobacco Free Nova Scotia</p>	<p>Program for Nova Scotia residents providing services to help with smoking cessation education and support. Services include;</p> <ul style="list-style-type: none"> - Quit line - SMS/Text base motivational messaging - Secure chat with a counsellor - Online forums - Free Quit Pack <p>More information: https://tobaccofree.novascotia.ca/</p>
<p>Aboriginal Diabetes Initiative (ADI)</p>	<p>Working groups providing community supports with the goal of decreasing the prevalence of type 2 diabetes in the Aboriginal population of Nova Scotia. Programs include;</p> <ul style="list-style-type: none"> - Diabetes Self-Management Journeys (DSMJ) - Advocacy and educational programs

	<p>- Living in Balance program for the Potlotek</p> <p>For more information: Ann Gottschall – ADI Coordinator Telephone: (902) 863-8455 Fax: (902) 564-2137 Email: ann.gottschall@ns.sympatico.ca</p>
First Nation Continuing Care Program	<p>For registered First Nations individuals living on reserve in Nova Scotia. Provides home-based essential health care services and residential care.</p> <p>Referral and Information Line: 1-800-225-7225</p>

3. Vision care

Diabetes Care Program of Nova Scotia	<p>Provides free yearly eye exams for Nova Scotians living with diabetes.</p> <p>More information: http://diabetescare.nshealth.ca/</p>
Medical Services Insurance Program	<p>Eligible beneficiaries are covered for;</p> <ul style="list-style-type: none"> - One eye exam every two years for residents under the age of 10 or over 64 - Glasses are not covered <p>More information: https://novascotia.ca/dhw/msi/</p>
Nova Scotia Income Assistance	<p>Eye Exams and Glasses;</p> <ul style="list-style-type: none"> - \$55 for regular eye examination - \$90 for a regular pair of eye glasses once every two years - \$110 for a pair of bifocals once every two years <p>More Information; https://novascotia.ca/coms/employment/income_assistance/MedicalCosts.html</p>
CNIB	<p>No financial assistance programs are available however CNIB does have programs for those who have lost their sight including;</p> <ul style="list-style-type: none"> • Low vision services • Essential skills for daily living • Travel and mobility instruction

	<ul style="list-style-type: none"> • Service coordination and counseling <p>More information; http://www.cnib.ca/en/ns-pei/Pages/default.aspx</p>
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4. Foot care

We Care Home Health Services	<p>Nursing service which can provide at-home advanced foot care including;</p> <ul style="list-style-type: none"> - Foot care assessment - Nail cutting and filing - Care of ingrown toe nails - Corn and callus care - Foot care education - Diabetes foot care education <p>More information: https://www.cbi.ca/services/advanced-footcare</p> <p>For General Inquiries: 1.800.463.2225</p>
Podiatry Association of Nova Scotia	<p>Find a Podiatrist in your area;</p> <p>http://podiatryns.com/find-a-podiatrist/</p>
Victoria Order of Nurses	<p>Provides in-home nursing with specialized diabetic foot care.</p> <p>Services available in Annapolis Valley, Colchester East Hants, Lunenburg, Queen’s County, Cape Breton, Cumberland, Pictou, Tri County.</p> <p>More information: http://www.von.ca/en/service/foot-care-clinics</p>
Diabetes Centers of Nova Scotia	<p>Services include annual foot assessment by diabetes center nurses. Services can be offered more frequently as required.</p> <p>More information: http://diabetescare.nshealth.ca/guidelines-resources/diabetes-centres/what-do-diabetes-centres-do</p>

5. Home and travel assistance: includes travel/transport assistance, medical travel, health equipment coverage, vehicle and home modification.

Nova Scotia Income Assistance	<p>Transportation services can be offered for eligible beneficiaries who require assistance for basic needs.</p> <p>More Information; https://novascotia.ca/coms/employment/income_assistance/MoreSupports.html</p>
Out-of-Province Travel and Accommodation Assistance Policy	<p>Eligible beneficiaries may receive transportation assistance for medically insured treatments thought to be necessary by a medical professional.</p> <p>Covers a max of \$1000 in travel assistance (round trip) and \$125 per night to a max of \$1500 per month in accommodation assistance.</p> <p>Application through Medical Services Insurance (MSI) program.</p> <p>More information: https://novascotia.ca/dhw/Travel-and-Accommodation-Assistance/ Tolle Free: 1-877-449-5476 Local: 902-424-7538</p>
Wheelchair Recycling Program	<p>Available for children requiring their first wheelchair. Administered through Easter Seals Nova Scotia website.</p> <p>More information: https://novascotia.ca/coms/disabilities/WheelchairRecycling.html</p>
Seniors Community Wheelchair Loan Program	<p>Provides wheelchairs to eligible recipients who meet the following criteria;</p> <ul style="list-style-type: none"> - Resident of NS with valid health care - Age 65 or older at time of application - Assessment by authorized health care provider - Have long-term disability, chronic or terminal illness - Considered low-income; single income less than \$22,125 or coupled net income of \$37,209 or less. - Are not covered by private insurance or other publicly funded programs <p>More information: https://novascotia.ca/dhw/ccs/wheelchair-loan-program.asp</p> <p>Toll free: 1-800-225-7225</p>
Health Equipment Loan Program	<p>Community Bed loan program provides hospital beds to eligible recipients requiring specialized beds. Facilitated through the Nova Scotia Red Cross.</p> <p>More information: https://novascotia.ca/dhw/ccs/health-equipment.asp</p> <p>Toll free: 1-800-225-7225</p>

Nova Scotia Content by: Dr. Sara Campbell, Internal Medicine Resident, University of Toronto

Northwest Territories

1. Financial Assistance Programs (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

<p>Plans</p>	<p><u>NWT Health Care Plan</u> The NWT Health Care Plan covers basic hospital and medical treatment. This means that anyone with a valid NWT Health Care Card can go to a hospital, health center or medical clinic for treatment and will not have to pay for medically necessary health services. For more information visit: http://www.hss.gov.nt.ca/en/services/nwt-health-care-plan</p>
<p>Prescription Medication / Diabetes Supply Coverage</p> <ul style="list-style-type: none"> • Insulin needles and lancets • Insulin Pump and pump supplies • Glucose monitoring 	<p><u>Extended Health Benefits for Specified Disease Conditions</u></p> <p>The Government of the Northwest Territories (GNWT) sponsors the Extended Health Benefits program to provide non-Aboriginal and Métis residents of the Northwest Territories who have specified disease conditions with certain benefits not covered by hospital and medical care insurance.</p> <p>Through this program, you receive coverage for eligible prescription drugs, medical supplies and equipment. You may also receive benefits related to medical travel such as meals and accommodation.</p> <ul style="list-style-type: none"> • This program provides you with 100 per cent coverage for eligible prescription drug products, as defined in Health Canada’s NIHB Drug Benefit List (link is external), when the drug is prescribed by a recognized health care professional and dispensed by a licensed pharmacist. • If a drug that has been prescribed for you is not on Health Canada’s NIHB Drug Benefit List (link is external), your health care professional or pharmacist may submit a request to Alberta Blue Cross on your behalf for prior authorization. • The program will pay reasonable and customary charges for medically necessary supplies and equipment provided in Canada including Diabetic supplies and equipment (e.g. blood testing strips and injection supplies) <p>For more information about the program & the drugs/ supplies covered visit: http://www.hss.gov.nt.ca/en/services/supplementary-health-benefits/extended-health-benefits-specified-disease-conditions http://www.hss.gov.nt.ca/sites/hss/files/resources/specified-disease-conditions-program-ehb.pdf</p> <p><u>Extended Health Benefits Seniors’ Program</u></p>

	<p>The Government of the Northwest Territories (GNWT) sponsors the <i>Extended Health Benefits for Seniors Program</i> to provide non-Aboriginal and Métis residents of the Northwest Territories who are 60 years of age and over access to a range of benefits not covered by hospital and medical care insurance.</p> <p>Through this program, you receive coverage for eligible prescription drugs, dental services, vision care, medical supplies and equipment. You also receive benefits related to medical travel such as meals, accommodation, travel and ambulance services.</p> <p>http://www.hss.gov.nt.ca/en/services/supplementary-health-benefits/extended-health-benefits-seniors-program</p>
<p>Disability coverage</p>	<p><u>Population Health (Long Term Care)</u></p> <p>Responsible for homecare, long term care, seniors, persons with disabilities, supportive living, nursing, tele-care, the community health information system and health protection.</p> <p>Contact:</p> <p>Government of the Northwest Territories</p> <p>Box 1320, 5022-49th St.</p> <p>Yellowknife, NT, X1A 2L9</p> <p>Phone: 867-873-7715 Fax: 867-873-0196</p> <p><u>Homecare Services</u></p> <p>Home Care Services, foot care, home support workers, home nursing, Meals-on-Wheels.</p> <p>Box 608</p> <p>Yellowknife, NT, X1A 2N5</p> <p>Phone: 867-920-3338 Fax: 867-873-0369</p> <p><u>Fort Smith Health and Social Services Authority</u></p>

Home nursing/homemaker, Meals-on-Wheels, equipment loan, seniors' wellness, foot care clinics, palliative care, volunteer coordination and cardiac rehabilitation program.

41 Breynat Street

Box 1080

Fort Smith, NT, X0E 0P0

Phone: 867-872-6200 **Fax:** 867-872-6299

Home Care

Phone: 867-872-6204 **Fax:** 867-872-6264

Hay River Health and Social Services Authority

Coordinated home care, including meals on wheels, home nursing, home support, equipment loans, consultant services. Provide foot care services and diabetes counselling.

3 Gaetz Drive

Hay River, NT, X0E 0R8

Home Care

Phone: 867-874-7201 **Fax:** 867-874-7211

Home and Community Care

Home and Community Care Services (Home Care) provide individuals with nursing care and support for personal care and daily living activities when they are no longer able to perform these activities on their own. These services help people to stay in their own homes rather than go to a hospital or long term care facility when they need nursing care or help with daily living activities because of age, disability, injury, or illness. You can receive Home Care services if you have a valid NWT Health Care Card, and have been assessed and found to have needs best met by Home Care.

Home care includes services such as:

	<ul style="list-style-type: none"> • Home support for bathing and making meals; • Nursing services for wound care and health checks; • Help with organizing and taking medications; • Palliative care for those who are dying and want to be at home; • Loan of equipment, such as bathroom equipment or a walker; and • Respite care to help out in the home, so caregivers can get a break. <p>If you or a loved one needs any of these services, please contact your local Health and Social Services Authority Home Care Program or Community Health Centre.</p> <p>Contact Us</p> <p>Seniors and Continuing Care Services</p> <p>Department of Health and Social Services</p> <p>P.O. Box 1320</p> <p>Yellowknife, NT X1A 2L9</p> <p>Phone: 867-767-9030</p> <p>Fax: 867-920-3088</p> <p>For more information visit: http://www.hss.gov.nt.ca/en/services/continuing-care-services/home-and-community-care</p>
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2. Understanding & Information on Diabetes: Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

Diabetes Education Centers	<p><u>Diabetes Management Services</u></p> <p>Diabetes management services are available to all residents of the NWT through a variety of programs and services in the communities:</p> <ul style="list-style-type: none"> • The NWT Community Health Nursing Chronic Care Program is offered in every community health center to individuals living with diabetes. • Residents with diabetes from all communities are followed by a physician or nurse practitioner for medication management and regular disease monitoring, which may include medical travel to a regional center. • Targeted Diabetes Education and Care Programs are offered in Fort Smith, Inuvik, Hay River and Yellowknife by teams of diabetes educators including nurses, nurse practitioners, dieticians, and physicians.
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For more information visit:

<http://www.hss.gov.nt.ca/en/services/diabetes/frequently-asked-questions>

Community Pharmacy Outreach Program (CPOP)

Diabetes Canada partners with community pharmacies across Canada to provide CDA resources and events that may include diabetes days, screening, foot clinics, ask the experts or other diabetes related topics. Many locations are in rural and remote areas of provinces where a pharmacist is the most accessible health professional.

https://crm1.diabetes.ca/bbis_CRMLive/map/CPOP

Health Line

Health Line is your health and support line. It is a free, confidential telephone service that you can use to get advice from a nurse. It offers round-the-clock advice and access to information from registered nurses in order to help you decide on your first step. It is not for emergencies. If you have an emergency, call your local health center or go to the hospital.

Toll Free: 1-888-255-1010

TDD/TTY: 1-888-255-8211

Health Promotion

Health promotion activities regarding: tobacco, FASD, prenatal nutrition, dental health, nutrition, active living, **diabetes**, cancer prevention and screening, injury prevention, and early childhood development.

Box 1320

Yellowknife, NT, X1A 2L9

Phone: 867-920-6940 **Fax:** 867-873-7706

Website: www.hss.gov.nt.ca

Beaufort-Delta Health and Social Services Authority - Diabetes Education

Bag #2, 285-289 Mackenzie Road

Inuvik, NT, X0E 0T0

	<p>E-mail: bdhssa_info@gov.nt.ca</p> <p>Phone: 867-777-8019 Fax: 867-777-8054</p> <p><u>Hay River Health and Social Services Authority</u></p> <p>Home Care</p> <p>Phone: 867-874-7201 Fax: 867-874-7211</p> <p>Coordinated home care, including meals on wheels, home nursing, home support, equipment loans, consultant services. Provide foot care services and diabetes counselling.</p> <p><u>Diabetes Education Program/Canadian Diabetes Association Resource Centre</u></p> <p>Nurse Educator - Diabetes</p> <p>Phone: 867-669-3146 Fax: 867-920-4271</p> <p>Dietician Educator</p> <p>Phone: 867-669-3145 Fax: 867-920-4271</p> <p>Box 10</p> <p>550 Byrne Road</p> <p>Yellowknife, NT, X1A 2N1</p> <p>Website: www.diabetes.ca</p>
<p>Healthy eating Tools</p>	<p><u>Food and Nutrition</u></p> <p>Visit the government food & Nutrition guide: http://www.hss.gov.nt.ca/en/services/food-and-nutrition</p>
<p>Smoking Cessation Programs</p>	<p><u>NWT Quitline</u></p> <p>The NWT Quitline is a toll-free confidential help line that provides the help and support needed for people who want to quit or are thinking about quitting smoking. Services offered are:</p>

	<p>Trained counsellors to help you quit;</p> <p>Counsellors will call you back to follow-up;</p> <p>Quit smoking reading materials;</p> <p>Translation for all NWT languages.</p> <p>Contact Us</p> <p>Strategic Cancer Initiatives</p> <p>Health and Social Services</p> <p>P.O. Box 1320</p> <p>Yellowknife, NT X1A 2L9</p> <p>Phone 867-767-9064</p> <p>For more information visit: http://www.hss.gov.nt.ca/en/services/nwt-quitline</p>
<p>Aboriginal specific resources</p>	<p><u>Non-Insured Health Benefits</u></p> <p>Health Canada provides eligible First Nations and Inuit with coverage for a specified range of medically necessary health-related goods and services when not covered through private insurance plans or provincial/territorial health and social programs.</p> <p>Non-Insured Health Benefits (NIHB) include prescription drugs, over-the-counter medication, medical supplies and equipment, mental health counselling, dental care, vision care, and medical transportation.</p> <p>To see what specific drugs & supplies are covered visit: https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information.html http://www.diabetes.ca/getmedia/717c8e1e-2ec3-4700-8870-050563bbf262/2015-non-insured-health-benefits-program-NIHB.pdf.aspx</p> <p><u>Métis Health Benefits</u></p> <p>The Government of the Northwest Territories (GNWT) sponsors the <i>Métis Health Benefits</i> program to provide registered Indigenous Métis residents of the Northwest Territories access to a range of benefits not covered by hospital and medical care insurance.</p>

	<p>Through this program, you receive coverage for eligible prescription drugs, dental services, vision care, medical supplies and equipment. You also receive benefits related to medical travel such as meals, accommodation and ambulance services.</p> <ul style="list-style-type: none"> • 100 per cent coverage for eligible prescription drug products as defined in Health Canada’s Non-Insured Health Benefit (NIHB) Drug Benefit List • The program will pay reasonable and customary charges for Diabetic supplies and equipment (e.g. blood testing strips and injection supplies) <p>For more information visit: http://www.hss.gov.nt.ca/en/services/supplementary-health-benefits/metis-health-benefits</p>
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3. Vision care

Métis Health Benefits

This program provides vision care benefits up to a maximum in any 12 consecutive months for eligible persons under 18 years of age and in any 24 consecutive months for persons 18 years of age and older.

Covered services include:

- eyeglasses (frames and/ or lenses)
- repairs to frames
- eye prosthesis
- high index lenses.
- Contact lenses (including maintenance supplies) are also eligible for coverage when prescribed by an ophthalmologist for the following conditions:
 - aphakia (post cataract surgery),
 - corneal irregularities and
 - astigmatism which cannot be corrected by eyeglasses.
 - Replacement contact lenses are only eligible upon written prescription from an ophthalmologist, accompanied by a reason for replacement at the time of prior approval.

Payment of vision benefits is based on terms and rates as established through NIHB payment schedules.

Services **not** eligible for coverage include esthetic products, disposable contact lenses, sports frames with polycarbonate lenses, safety glasses for occupational purposes and ultraviolet coatings.

<http://www.hss.gov.nt.ca/en/services/supplementary-health-benefits/metis-health-benefits>

4. Foot care

Community Pharmacy Outreach Program (CPOP)

Diabetes Canada partners with community pharmacies across Canada to provide CDA resources and events that may include diabetes days, screening, foot clinics, ask the experts or other diabetes related topics. Many locations are in rural and remote areas of provinces where a pharmacist is the most accessible health professional.

For more information visit: https://crm1.diabetes.ca/bbis_CRMLive/map/CPOP

Fort Smith Health and Social Services Authority

Home nursing/homemaker, Meals-on-Wheels, equipment loan, seniors' wellness, **foot care clinics**, palliative care, volunteer coordination and cardiac rehabilitation program.

41 Breynat Street

Box 1080

Fort Smith, NT, X0E 0P0

Phone: 867-872-6200 **Fax:** 867-872-6299

Home Care

Phone: 867-872-6204 **Fax:** 867-872-6264

Hay River Health and Social Services Authority

Coordinated home care, including meals on wheels, home nursing, home support, equipment loans, consultant services. **Provide foot care services** and diabetes counselling.

3 Gaetz Drive

Hay River, NT, X0E 0R8

Home Care

Phone: 867-874-7201 **Fax:** 867-874-7211

Homecare Services

Home Care Services, **foot care**, home support workers, home nursing, Meals-on-Wheels.

Box 608

Yellowknife, NT, X1A 2N5

Phone: 867-920-3338 **Fax:** 867-873-0369

5. Home and travel assistance: includes travel/transport assistance, medical travel, health equipment coverage, vehicle and home modification.

Travel/Transport Assistance	<p><u>Pack Travel Insurance Every Time You Travel</u></p> <p>If you require medical care while traveling outside of Canada, your NWT Health Insurance may only cover a portion of your health care costs. Services received outside of Canada will be reimbursed at NWT rates. You are responsible for any additional costs.</p> <p>It is recommended that you get travel insurance when travelling outside of the NWT to cover you for the duration of your trip.</p> <p>For more information visit: http://www.hss.gov.nt.ca/en/services/pack-travel-insurance-every-time-you-travel</p> <p>Contact Us</p> <p>Health Services Administration Office</p> <p>Health and Social Services</p> <p>Bag #9</p> <p>Inuvik, NT X0E 0T0</p> <p>Toll-free: 1-800-661-0830</p> <p>Phone:1-867-777-7400</p> <p>Fax:1-867-777-3197</p> <p>healthcarecard@gov.nt.ca</p>
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<p>Medical Travel</p>	<p><u>Medical Travel - The Government of the Northwest Territories</u></p> <p>The Government of the Northwest Territories will provide medical travel benefits to eligible persons in the NWT who must travel in order to access necessary and appropriate insured health services.</p> <p>For more information visit: http://www.hss.gov.nt.ca/en/services/medical-travel</p> <p><u>Métis Health Benefits- Medical Travel</u></p> <p>This program may reimburse accommodations, meals and transportation expenses incurred when you are required to travel to access medical treatment not available in your home community. For travel related to dental services, expenses must be approved in advance by Alberta Blue Cross.</p> <p>Expenses eligible for reimbursement may include the following, subject to prior approval:</p> <ul style="list-style-type: none"> • Private accommodations • Commercial accommodations • Boarding facilities • Meals • Escorts and/or interpreter services • Travel (air and ground) to the nearest health clinic or hospital to receive health services not available in your home community or not covered by provincial or territorial travel assistance programs. • Emergency Ambulance Services that originate in the Northwest Territories may be considered in some circumstances. <p>For more information visit: http://www.hss.gov.nt.ca/en/services/supplementary-health-benefits/metis-health-benefits</p>
<p>Health Equipment Coverage</p>	<p><u>Hay River Health and Social Services Authority</u></p> <p>Home Care</p> <p>Phone: 867-874-7201 Fax: 867-874-7211</p> <p>Coordinated home care, including meals on wheels, home nursing, home support, equipment loans, consultant services. Provide foot care services and diabetes counselling.</p> <p><u>Fort Smith Health and Social Services Authority</u></p>

Home nursing/homemaker, Meals-on-Wheels, **equipment loan**, seniors' wellness, foot care clinics, palliative care, volunteer coordination and cardiac rehabilitation program.

41 Breynat Street

Box 1080

Fort Smith, NT, X0E 0P0

Phone: 867-872-6200 **Fax:** 867-872-6299

Home Care

Phone: 867-872-6204 **Fax:** 867-872-6264

Nunavut

1. Financial Assistance Programs (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

<p>Prescription Medication / Diabetes Supply Coverage</p> <ul style="list-style-type: none"> • Insulin needles and lancets • Insulin Pump and pump supplies • Glucose monitoring 	<p><u>Health Insurance - NIHB Coverage</u></p> <p>All recognized Inuit Land Claim Beneficiaries are eligible for NIHB.</p> <p>The Non-Insured Health Benefits program offers insurance coverage in some of the following areas:</p> <ul style="list-style-type: none"> • Medical Travel • Prescription Drugs • Medical Supplies and Equipment • Dental Services • Vision Services <p>Nunavut Health Insurance Programs Office Department of Health Bag 3 Rankin Inlet, NU X0C 0G0</p> <p>Phone: (867) 645-8001 Toll Free: (800) 661-0833 Email</p> <p>For more information visit: https://gov.nu.ca/health/information/health-insurance-nihb-coverage</p>
<p>Social support programs</p>	<p><u>Community Pharmacy Outreach Program (CPOP)</u></p> <p>Diabetes Canada partners with community pharmacies across Canada to provide CDA resources and events that may include diabetes days, screening, foot clinics, ask the experts or other diabetes related topics. Many locations are in rural and remote areas of provinces where a pharmacist is the most accessible health professional.</p> <p>https://crm1.diabetes.ca/bbis_CRMLive/map/CPOP</p>
<p>Disability coverage</p>	<p><u>Home and Community Care</u></p> <p>All Nunavummiut enrolled in the Nunavut Health Care Plan are eligible for referral to the Home and Community Care program. The Home and Community Care program provides a variety of services, including:</p> <ul style="list-style-type: none"> • Homemaking - house cleaning and assisting with meals and/or groceries

	<ul style="list-style-type: none"> • Personal care - bathing and dressing • Nursing care - injections and bandage changing • Respite care - relief for family members • Rehabilitation - recovery exercises <p>For more information visit: https://gov.nu.ca/health/information/home-and-continuing-care</p>
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2. Understanding & Information on Diabetes: Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

Diabetes Education Centers	<p>Government of Nunavut Healthy Living Website:</p> <ul style="list-style-type: none"> • What is type 2 Diabetes (pamphlet) https://livehealthy.gov.nu.ca/sites/default/files/Diabetes%20-%20Signs_Web_ENG.pdf • Alcohol & Diabetes (pamphlet) https://livehealthy.gov.nu.ca/sites/default/files/Diabetes%20-%20Alcohol%20and%20Smoking_Web_ENG.pdf • Diabetes – Just the Basics for Aboriginals (Handout) https://livehealthy.gov.nu.ca/sites/default/files/just-the-basics-aboriginal-english.pdf
Healthy eating Tools/ programs	<p>Government of Nunavut Healthy Living Website:</p> <ul style="list-style-type: none"> • Healthy Eating & Diabetes (pamphlet) https://livehealthy.gov.nu.ca/sites/default/files/Diabetes%20-%20Healthy%20Eating_Web_ENG.pdf
Diabetes Prevention Pre-diabetes program	<p>Government of Nunavut Healthy Living Website:</p> <ul style="list-style-type: none"> • Diabetes & Pre-Diabetes (pamphlet) https://livehealthy.gov.nu.ca/sites/default/files/Diabetes%20And%20Prediabetes%20Handout%20%28ENG%29%20Web_0.pdf
Exercise Programs	<p>Government of Nunavut Healthy Living Website:</p> <ul style="list-style-type: none"> • Physical Activity & Diabetes (pamphlet) https://livehealthy.gov.nu.ca/sites/default/files/Diabetes%20-%20Physical%20Activity_Web_ENG.pdf • Active Living https://livehealthy.gov.nu.ca/en/physical-activity-0
Smoking Cessation Programs	<p>Government of Nunavut Healthy Living Website:</p> <ul style="list-style-type: none"> • Tobacco Free https://livehealthy.gov.nu.ca/en/tobacco-free <p><u>Tobacco Has No Place Here</u> Building 1107, 3rd Floor P.O. Box 1000, Stn. 1000 Iqaluit, NU X0A 0H0</p>

	<p>Toll-free Phone: 1-866-877-3845 Email: tobacco@gov.nu.ca For more information visit: https://nuquits.gov.nu.ca/</p>
<p>Aboriginal Specific Resources</p>	<p><u>Government of Nunavut Healthy Living Website:</u></p> <ul style="list-style-type: none"> • Diabetes – Just the Basics for Aboriginals (Handout) https://livehealthy.gov.nu.ca/sites/default/files/just-the-basics-aboriginal-english.pdf <p><u>Non-Insured Health Benefits</u> Health Canada provides eligible First Nations and Inuit with coverage for a specified range of medically necessary health-related goods and services when not covered through private insurance plans or provincial/territorial health and social programs.</p> <p>Non-Insured Health Benefits (NIHB) include prescription drugs, over-the-counter medication, medical supplies and equipment, mental health counselling, dental care, vision care, and medical transportation.</p> <p>Nunavut Health Insurance Programs Office Department of Health Bag 3 Rankin Inlet, NU X0C 0G0</p> <p>Phone: (867) 645-8001 Toll Free: (800) 661-0833 Email</p> <p>For more information visit: https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information.html http://www.diabetes.ca/getmedia/717c8e1e-2ec3-4700-8870-050563bbf262/2015-non-insured-health-benefits-program-NIHB.pdf.aspx https://gov.nu.ca/health/information/health-insurance-nihb-coverage</p>

3. Vision care

Nunavut Health Care Plan

The Nunavut Health Care Plan covers the costs of certain doctor and hospital services.
Covered = Eye examinations, treatment and operations provided by an ophthalmologist

Nunavut Health Insurance Programs Office
Department of Health
Box 889
Rankin Inlet, NU
X0C 0G0

Phone: (867) 645-8001
Fax: (867) 645-8092
Toll Free: (800) 661-0833

[E-mail](#)

For more information visit: <https://gov.nu.ca/health/information/nunavut-health-care-plan>

4. Home and travel assistance: includes travel/transport assistance, medical travel, health equipment coverage, vehicle and home modification.

Medical Travel	<p><u>Medical Travel</u></p> <p>The Department of Health offers medical travel benefits to make sure you have access to medical services that are not available in your home community. If a doctor, nurse, dentist or other health care professional tells you that you have to leave your home community for medical treatment, you may be entitled to medical travel benefits.</p> <p>Medical travel benefits help pay for medical services that are offered in communities other than your own.</p> <p>Nunavummiut not eligible for assistance under any other source of funding can apply for medical travel assistance with the Government of Nunavut. In order to be eligible for travel assistance from the Government of Nunavut, you must be enrolled in the Nunavut Health Care Plan and meet the following conditions:</p> <ul style="list-style-type: none">• A health care professional in your home community must approve you for medical treatment outside your home community. This must be done before you travel• The medical treatment must be urgent and must be needed before you are travelling for other reasons• You must have used up all other third-party and employer insurance options or have no insurance plan <p>Baffin Medical Travel Office: Toll Free Line 1-866-371-3305</p> <p>Kivalliq Region: Toll Free Line: 1-844-886-8020 Phone: 1-867-645-4336</p> <p>Kitikmeot Region: Toll Free Line: 1-844-886-8010 Phone: 1-867-983-4506, or (867) 983-5196</p> <p>For more information visit: https://www.gov.nu.ca/health/information/medical-travel</p> <p>Medical Travel - Nunavut Health Care Plan</p>
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The Nunavut Health Care Plan offers limited coverage for medical travel to eligible Nunavummiut in the following areas:

- Airfare
- Ground Travel

Nunavut Health Insurance Programs Office

Department of Health & Social Services

Bag 3

Rankin Inlet, NU

X0C 0G0

Phone: (867) 645-8001

Toll Free: (800) 661-0833

[Email](#)

For more information visit: <https://gov.nu.ca/health/information/medical-travel-nunavut-health-care-plan>

Medical Travel - Non Insured Health Benefits

The Non Insured Health Benefits program offers insurance coverage for medical travel to Land Claim Beneficiaries in the following areas:

- Airfare
- Ground Travel
- Accommodations
- Meals
- Authorized Escorts

Nunavut Health Insurance Programs Office

Department of Health

Bag 3

Rankin Inlet, NU

X0C 0G0

Phone: (867) 645-8001

Toll Free: (800) 661-0833

[Email](#)

For more information visit: <https://gov.nu.ca/health/information/medical-travel-non-insured-health-benefits>

Extended Health Benefits (EHB) Medical Travel Support

All Nunavut residents who have exhausted their third-party insurance or have no medical travel benefits, including Health Canada's Non-Insured Health Benefits (NIHB) may be eligible for the Extended Health Benefits (EHB) for Medical Travel Support.

EHB Medical Travel Support may provide coverage for client and client escort expenses such as:

- Flight co-payment specified under the Medical Travel Policy
- Taxi fare or ground transportation between person's accommodation, health facilities and the airport
- Ambulatory charges for transferring the client from one facility to another
- Stay in private or commercial accommodations
- Meals for stay in private accommodations

- Long-term care plan, indicated prior to or after start of medical trip

Select conditions may apply.

Contact our EHB team for more information:

Nunavut Health Insurance Programs Office

Department of Health

Box 889

Rankin Inlet, NU

X0C 0G0

phone: (867) 645-8029 | email: ehb@gov.nu.ca

fax: (867) 645-8092 | toll-free: (800) 661-0833

For more information visit: <https://gov.nu.ca/health/information/medical-travel-extended-health-benefits>

Yukon

<http://www.yukondiabetes.ca/>

1. Financial Assistance Programs (includes diabetes supplies – including glucose monitoring devices by manufacturer, insulin pumps, prescription medication coverage, and disability coverage)

Financial Assistance Programs	<p><u>Chronic disease program</u></p> <p>The Chronic Disease and Disability Benefits Program provides benefits for Yukon residents who have a chronic disease or a serious functional disability.</p> <ul style="list-style-type: none">• Benefits <p>Financial assistance is provided for prescription drugs, medical surgical supplies, medical equipment, food supplements or prostheses that are medically required for the management of a condition, and are recommended by a medical practitioner licensed to practice in the Yukon.</p> <ul style="list-style-type: none">• Coverage<ul style="list-style-type: none">▪ A prescription drug is defined as a recognized therapeutic agent that has restricted access under the federal Food and Drug Act or the Controlled Drugs and Substances Act. Coverage in this category includes professional dispensing fees.▪ Medical surgical supplies include body supports, prosthetic garments, ostomy supplies, hand inhalers and nebulizers, syringes and glucose test kits, oxygen supply, dressings, and bandages for chronic and recurrent conditions.▪ Medical equipment includes respiratory equipment, manually operated hospital beds, manually operated wheelchairs, walking aids, grab bars and support rails, commodes and glucometers.▪ Other equipment or devices that are medically necessary may be covered at the discretion of the Director and subject to prior approval. <p>Phone: 867-667-5092 Toll Free (Yukon, Nunavut and NWT); 1-800-661-0408 ext. 5092 Fax: 867-393-6486 Mailing Address: Chronic disease program (H-2) Health & Social Services, Government of Yukon Box 2703 Whitehorse, Yukon Y1A 2C6 Location: 4th floor, Financial Plaza 204 Lambert St. Whitehorse, Yukon [map] For more information visit: http://www.hss.gov.yk.ca/chronicdisease.php?WT.mc_id=ygps028</p> <p><u>Insured health & hearing services</u></p>
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	<p>Insured Services ensures delivery of health care benefits as set out in the Health Care Insurance Plan, the Hospital Insurance Services Plan, and the Travel for Medical Treatment Act.</p> <ul style="list-style-type: none"> • Children's drug & optical program The Children's Drug and Optical Program is designed to assist low income families with the cost of prescription drugs and eye care for children under the age of 19. • Chronic disease program The Chronic Disease and Disability Benefits Program provides benefits for Yukon residents who have a chronic disease or a serious functional disability. • Extended health care benefits to seniors The Pharmacare and Extended Health Benefits programs are designed to assist registered senior citizens with the cost of prescription drugs, dental care, eye care, and medical-surgical supplies and equipment. • Health care insurance plan (YHCIP) Yukon Health Care Insurance Plan (YHCIP) provides coverage for medical services for all Yukon residents. Coverage, eligibility, renewal, temporary absence from Yukon, lost card, and other information. • Hearing services Provides diagnostic audiological evaluations, hearing screenings, hearing aid evaluation and dispensing, hearing aid repairs, and assistive listening devices to the general public (children and adults). • Payment schedule for Yukon The Payment Schedule for Yukon, Health Care Insurance Plan (YHCIP) is the list of fees agreed upon by Insured Health Services and the Yukon Medical Association, and are payable to physicians for insured medical services. • Pharmacare The Pharmacare and Extended Health Benefits programs are designed to assist registered senior citizens with the cost of prescription drugs, dental care, eye care, and medical-surgical supplies and equipment. • Policies Policies for Insured Health Services including drug & extended benefits, physician claims, medical travel, and drug programs. For more information visit: http://www.hss.gov.yk.ca/insuredservices.php
<p>Prescription Medication Coverage</p>	<p><u>Drug formulary</u></p> <p>Products can be searched for by using brand name, generic ingredient, drug identification number (DIN) or by manufacturer name.</p> <p>Coverage under each of Yukon's four drug plans, Pharmacare PHRM (seniors plan), the Chronic Disease Program CHRN, the Children's Drug & Optical Program CDOP, and Palliative PALL is indicated in that column by a letter as follows</p> <p>Y -full coverage for eligible clients</p> <p>N -not a benefit for that plan</p>

	<p>E -Exception drug status which requires an application for the Formulary Working Group to assess</p> <p>LCA(\$) shows the price per unit payable for each drug. Where this is less than the List Price (\$), it indicates that a generic product is available and only the lowest cost will be reimbursed. To see which brands have matching List Price (\$) and LCA (\$), click on List Price (\$).</p> <p>For more information visit: http://www.hss.gov.yk.ca/drugformulary.php</p>
Glucose Monitoring	Blood sugar testing supplies covered by all Government programs.
Glucagon	<p>Glucagon covered – Refer to Yukon Drug Formulary</p> <p>http://apps.gov.yk.ca/drugs/f?p=161:9000:1662337635640581:SEARCH:NO::&cs=33499395C605EB298B9A40AD9C623F1DB</p>
Social support programs	<p>Community Pharmacy Outreach Program (CPOP)</p> <p>Diabetes Canada partners with community pharmacies across Canada to provide CDA resources and events that may include diabetes days, screening, foot clinics, ask the experts or other diabetes related topics. Many locations are in rural and remote areas of provinces where a pharmacist is the most accessible health professional.</p> <p>For more information visit: https://crm1.diabetes.ca/bbis_CRMLive/map/CPOP</p> <p>Social Assistance</p> <p>Yukon Social Assistance is a program that provides financial assistance to people who do not have enough money to live on. This program is to be used only as a last resort after all other possible sources of income have been explored.</p> <p>For more information visit: http://www.hss.gov.yk.ca/sa.php</p>
Disability Coverage	<p>Continuing Care</p> <p>Continuing Care is committed to the development and delivery of comprehensive care and services, providing long term care, home care and regional therapy services for citizens of Yukon.</p> <ul style="list-style-type: none"> • Whistle Bend Care Facility <p>The new Whistle Bend care facility: answering the needs of Yukoners with special care needs.</p> <p>If you would like to learn more about the Whistle Bend project and want information such as news, project description and purpose, schedule, FAQs, planning & procurement, and reports. Then please visit the Whistle Bend section of our website.</p> <ul style="list-style-type: none"> • Care Facilities <p>There are five continuing care facilities in the Yukon. Birch Lodge, Copper Ridge Place, Thomson Centre and Macaulay Lodge are located in Whitehorse and McDonald Lodge provides care services in Dawson City.</p> <ul style="list-style-type: none"> • Community day program <p>Participants of the Community Day Program benefit from daily recreational activities, therapeutic programs, socialization and maintaining their daily routines and independence.</p> <ul style="list-style-type: none"> • Home care program

	<p>The Yukon Home Care, Palliative Care and Regional Therapy programs provide an array of health-related services for Yukoners of all ages in the home and community setting.</p> <ul style="list-style-type: none"> • Palliative care program <p>The Yukon Palliative Care Resource Team (PCRT) is one part of a collaborative system of care providers offering specific services to people who have life-limiting illnesses, including their family and caregivers using principles of the Yukon Palliative Care Framework.</p> <p>more information Providing feedback Find out how to provide feedback on the quality of services provided by Continuing Care.</p> <ul style="list-style-type: none"> • Respite Care Services <p>Respite Care Services are available to provide short-term relief to caregivers looking after a relative or friend at home in the community.</p> <p>Phone: 867-667-5945 Toll Free (Yukon, Nunavut and NWT); 1-800-661-0408 ext. 5945 Fax: 867-456-6545 Mailing Address: Continuing Care (H-1) Health & Social Services, Government of Yukon Box 2703 Whitehorse, Yukon Y1A 2C6 Location: Suite 201, #1 Hospital Road Second floor Whitehorse, Yukon [map] For more information on Continuing Care visit: http://www.hss.gov.yk.ca/continuing.php</p>
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2. Understanding & Information on Diabetes: Including diabetes education centers, exercise programs, Healthy eating tools/programs, support groups, smoking cessation programs. A sub-section on aboriginal specific resources.

<p>Diabetes Education Centers</p>	<p><u>Diabetes Education Centre</u></p> <p>The Diabetes Education Centre provides several services to adults in Whitehorse, rural Yukon communities and northern B.C., including outpatient appointments or group sessions that offer teaching and on-going support with:</p> <ul style="list-style-type: none"> • type 1 • type 2; or • gestational diabetes • pre-diabetes • impaired fasting glucose <p>The center is located in the Thomson Centre next to WGH, but is also connected to communities across the territory via Telehealth. This provides you with the option to have an appointment with our health care team from your local health center without having to travel to Whitehorse.</p> <p>PHONE: 867-393-8711</p>
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FAX: 867-393-8942

For more information visit: <https://yukonhospitals.ca/whitehorse-general-hospital/programs-and-services/diabetes-education-centre>

Your Health! Your Way! Chronic Disease Self-Management Workshop

Are you living with a chronic condition, or supporting someone who is? Sign up for a free 6-week workshop series that offers support to people who have ongoing chronic health conditions, or are at risk of developing conditions like: high blood pressure, COPD, heart disease, arthritis, obesity, chronic pain, diabetes and others.

Participants benefit by:

- Learning to manage symptoms better
- Reaching goals by taking small steps
- Discovering tips to manage day-to-day activities
- Getting support from others with long-term health concerns
- Sharing your experiences and helping others

Classes run regularly throughout the year. Contact our program for other upcoming class dates.

<http://www.hss.gov.yk.ca/ccsp.php>

Chronic Disease Self-Management Program (online)

A partnered program with the University of Victoria's Centre on Aging, this free, online, six-week Self Management Program is designed to develop the tools, skills and confidence for adults living with any long term health condition. The program is accessible to those with all levels of computer experience. Family and friends are welcome to participate.

For more information visit: <http://www.hss.gov.yk.ca/pdf/cdsmtearoff.pdf> & <http://www.hss.gov.yk.ca/ccsp.php>

Nursing Services

A Nurse Specialist in Chronic Disease Management works in collaboration with participating Yukon physician clinics to provide screening, self-management support, information for patients on their chronic condition and treatment options, and clinical guideline care.

	<p>For more information visit: http://www.hss.gov.yk.ca/pdf/ccspNurseSpecialistClinichandout.pdf & http://www.hss.gov.yk.ca/ccsp.php</p> <p><u>Diabetes Wellness Series</u> The Diabetes Education Centre and the Chronic Conditions Support Program have partnered to create a four-part workshop to provide information from a variety of diabetes specialists. A team composed of a dietitian, nurse, pharmacists and an exercise specialist will work to answer your questions about diabetes and the medications you are taking, and help you figure out your best self-management strategies. The workshop is offered in the evenings in the Fall and Spring annually, and a doctor’s referral is not required to participate.</p> <p>For more information on the Diabetes Wellness Series please call (867) 667-8733 & Visit http://www.hss.gov.yk.ca/ccsp.php</p> <p><u>CERTIFIED DIABETES EDUCATORS</u> (CDE’s) CDEs are health professionals working in the field of diabetes. These include local nurses, dietitians and pharmacists with significant training and experience in diabetes education who have been certified by the Canadian Diabetes Association. CDEs work in various programs, including the Diabetes Education Centre, Chronic Conditions Support Program, Shoppers Drug Mart Pharmacy and the Medicine Chest Pharmacy, all of which are listed in this guide.</p> <p>http://www.yukondiabetes.ca/assets/events/YUKON_DIABETES_RESOURCE_GUIDE_5TH_EDITION_FINAL_2015.pdf</p>
<p>Healthy Eating Tools/Programs</p>	<p><u>NUTRITION COUNSELLING</u> Registered Dietitians at Whitehorse General Hospital provide nutrition counselling. If you are diagnosed with diabetes, you can be referred by your doctor to a Registered Dietitian at the Diabetes Education Centre. Appointments can be in-person or via the free Telehealth videoconferencing service that is available to all Yukon communities through local health centres. If you are not diagnosed with diabetes, but would like to see a Registered Dietitian for other nutrition needs, you can be referred by your doctor to the Outpatient Dietitian at Whitehorse General Hospital. 867-393-8711</p>
<p>Diabetes Prevention</p> <p>Pre-diabetes program</p>	<p><u>Do-it-Yourself: Diabetes Prevention Activities – A Manual for Everyone</u> http://www.yukondiabetes.ca/assets/files/DIY-Workbook.pdf</p>
<p>Exercise Programs</p>	<p><u>Supervised Exercise Programming</u></p>

	<p>The program provides supervised group and individualized exercise programming for clients living with chronic conditions. To qualify for exercise programming, clients must be diagnosed with one or more of the chronic conditions that the program provides services for: Chronic Obstructive Pulmonary Disease (COPD), diabetes, and/or high blood pressure.</p> <p>For more information visit: http://www.hss.gov.yk.ca/ccsp.php</p> <p><u>Moving to Wellness Class</u></p> <p>Moving to Wellness Class: understanding physical activity, exercise & chronic conditions.</p> <p>Have you been wishing you could get more active or have been told by a health professional to get more exercise?</p> <p>Moving to Wellness is a 1.5 hour, discussion-based class to help individuals who are struggling to get active problem solve solutions and plan strategies to get moving. Participants will also learn to identify the difference between activities of daily living and exercise and understand how physical activity affects health.</p> <p>Classes will be held at the Whitehorse Health Centre Boardroom</p> <p>For more information visit: http://www.hss.gov.yk.ca/ccsp.php</p>
<p>Support groups</p>	<p><u>Your Health! Your Way! Chronic Disease Self-Management Workshop</u></p> <p>Are you living with a chronic condition, or supporting someone who is? Sign up for a free 6-week workshop series that offers support to people who have ongoing chronic health conditions, or are at risk of developing conditions like: high blood pressure, COPD, heart disease, arthritis, obesity, chronic pain, diabetes and others.</p> <p>Participants benefit by:</p> <ul style="list-style-type: none"> • Learning to manage symptoms better • Reaching goals by taking small steps • Discovering tips to manage day-to-day activities • Getting support from others with long-term health concerns • Sharing your experiences and helping others <p>Classes run regularly throughout the year. Contact our program for other upcoming class dates.</p> <p>http://www.hss.gov.yk.ca/ccsp.php</p>

**Smoking
Cessation
Programs**

TOBACCO REDUCTION IN THE YUKON

The Health Promotion Unit of the Department of Health and Social Services has developed a program to help smokers 18 and older to become smoke free. QuitPath provides information, resources and support to those who:

- want to quit
- may be thinking about quitting
- have stopped and need support to remain smoke free.

QuitPath provides a number of services and we encourage you to choose the support that is best for you:

- eNewsletters
- eQuit Tips
- Face to Face Services
- Phone Support
- Text Support

If you are living in rural Yukon ask at your health center for QuitPath resources and local support or visit www.quitpath.ca. 1-866-221-8393 toll free 867-667-8393 in Whitehorse

SMOKERS' HELPLINE

Operated by the Ontario Division of the Canadian Cancer Society (CCS). This is a free, confidential service. They provide personalized support, advice and information about quitting smoking. Bilingual services offered in English and French seven days a week.

Hours of operation (Yukon time) Monday—Thursday: 5:00 am—6:00 pm Friday: 5:00 am—3:00 pm Saturday and Sunday: 6:00 am—2:00 pm

To receive support call toll-free 1-877-513-5333

For more information visit: www.smokershelpline.ca

<p>Aboriginal Specific Resources</p>	<p><u>Non-Insured Health Benefits</u></p> <p>Health Canada provides eligible First Nations and Inuit with coverage for a specified range of medically necessary health-related goods and services when not covered through private insurance plans or provincial/territorial health and social programs.</p> <p>Non-Insured Health Benefits (NIHB) include prescription drugs, over-the-counter medication, medical supplies and equipment, mental health counselling, dental care, vision care, and medical transportation.</p> <p>To see what specific drugs & supplies are covered visit: https://www.canada.ca/en/health-canada/services/first-nations-inuit-health/non-insured-health-benefits/benefits-information.html http://www.diabetes.ca/getmedia/717c8e1e-2ec3-4700-8870-050563bbf262/2015-non-insured-health-benefits-program-NIHB.pdf.aspx</p> <p><u>First Nations Health Programs</u></p> <p>First Nations Health Programs (FNHP) at Whitehorse General Hospital provide and support compassionate care for First Nations, Inuit and Metis people based on First Nations culture and values. Please don't hesitate to ask for us when you arrive at the hospital, call us in advance or stop at FNHP office located just inside the sliding doors at the WGH main entrance.</p> <p>Located on main level of Whitehorse General Hospital</p> <p>PHONE:</p> <p>867-393-8758</p> <p>FAX:</p> <p>867-393-8750</p> <p>For more information visit: https://yukonhospitals.ca/whitehorse-general-hospital/programs-and-services/first-nations-health-programs</p> <p><u>NATIONAL ABORIGINAL DIABETES ASSOCIATION (NADA)</u></p> <p>This association is the driving force in addressing diabetes and aboriginal people as a priority health issue. Online information, links and resources are available on their website www.nada.ca NADA works with aboriginal communities and organizations in a culturally respectful manner to promote healthy lifestyles among aboriginal people today and for future generations.</p> <p>Contact: NADA at 204-927-1224</p>
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	<p>For more information visit: http://www.yukondiabetes.ca/assets/events/YUKON_DIABETES_RESOURCE_GUIDE_5T_H_EDITION_FINAL_2015.pdf</p>
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3. Vision care

EYE EXAMS

It is recommended that you have a dilated eye exam every year, as vision problems from diabetes may be prevented with early diagnosis. **Diabetic eye exams are covered by the Yukon Health Insurance Plan.**

- Polar Eyes Optometry 402 Hawkins Street Whitehorse 867-633-3377 or www.polareyesoptometry.ca
- Northern Lights Optometry Group 2093 2nd Avenue Whitehorse 867-668-2020 or www.northernlightsoptometry.ca
- Your optometrist can also refer you, if needed, for an appointment with a visiting ophthalmologist (specialist eye doctor) in the Specialist Clinic at Whitehorse General Hospital

4. Foot care

MOBILE FOOT CARE SERVICES

- Foot Care by Dawn Dawn Fralick, Registered Nurse 867-633-5584
- Margs Foot Care Home Service Marg Hicks, Registered Nurse 867-456-4205
- Happy Feet Foot Care Services Marion Menzel 867-660-5020
- Jeddie Russell 867-633-3149

OTHER SERVICES IN WHITEHORSE

- Seniors Foot Clinic, at The Golden Age Society on the first Tuesday of the month from September through June. Partnering with Home Care and Whitehorse Health Centre 867-667-8864
- Salvation Army offers foot care services on Wednesdays 11 – 3 pm. Staffed by Kwanlin Dun Health Centre nurses. 311 Black Street • Yukon Home Care Program for clients who are less mobile 867-667-5774

COMMUNITY HEALTH CARE

Yukon health centers may vary with availability of foot care services. Call direct for more info.

- Beaver Creek Health Centre 867-862-4444
- Carcross Health Centre 867-821-4444
- Carmacks Health Centre 867-863-4444
- Dawson City Health Centre 867-993-4300
- Destruction Bay Health Centre 867-841-4444
- Faro Health Centre 867-994-4444 • Haines Junction Health Centre 867-634-4444
- Mayo Health Centre 867-996-4444
- Old Crow Health Centre 867-966-4444
- Pelly Crossing Health Centre 867-537-4444
- Ross River Health Centre 867-969-4444
- Teslin Health Centre 867-390-4444
- Watson Lake Health Centre 867-536-5255

PEDICURES Pedicures performed by estheticians are not considered formal diabetes foot care, so make sure you inform the esthetician that you have diabetes before any foot care. Check the Yellow pages for a listing under “Estheticians” or “Beauty Salons.”

SERVICES AND PRODUCTS

Specialty shoes and foot care supplies can be purchased at:

- Alpine Health Supplies 1116 First Avenue Horwood’s Mall Whitehorse specialty socks and other health supplies 867-393-4967
- Northern Hospital & Safety Supply Inc. 4200 4th Avenue Whitehorse 867-668-5083

ORTHOTICS AND THERAPY SERVICES

- Outpatient Therapy Services is located at Whitehorse General Hospital. The Occupational Therapist specializes in diabetic and arthritic foot conditions. Services include a comprehensive foot assessment

for high risk feet, foot care education, footwear recommendations, and provision of orthotics if needed. A doctor’s referral is required.

867-393-8963

- Physio Plus Clinic offers professional physiotherapy consultation and treatment for musculoskeletal conditions. Services include: exercise prescription; provision of custom fit orthotics; footwear advice; and assessment and treatment of joint, muscle and tendon conditions. Located at the Canada Games Centre on the second floor. 200 Hamilton Blvd, Whitehorse 867-668-4886 physiopluswhitehorse.com

5. Home and travel assistance: includes travel/transport assistance, medical travel, health equipment coverage, vehicle and home modification.

Travel/Transport Assistance	<p><u>InsuranceWith – Traveling With Diabetes:</u> Provides tips and resources for traveling with Diabetes. For more information visit: https://www.insurancewith.com/diabetes-travel-insurance/travelling-with-diabetes/</p>
Medical Travel	<p><u>Medical treatment travel</u> The Yukon has a travel for medical treatment program, which is available to help eligible persons with the cost of medically necessary transportation. For more information visit: http://www.hss.gov.yk.ca/medicaltravel.php</p>
Health Equipment Coverage	<p><u>Chronic Disease Program</u> Financial assistance is provided for medical equipment/ prostheses that are medically required for the management of a condition, and are recommended by a medical practitioner licensed to practice in the Yukon. For more information visit: http://www.hss.gov.yk.ca/chronicdisease.php?WT.mc_id=ygps028</p>

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