



Healthy4life.ca Newsletter - February 2022

Holistic nutrition includes body, mind and spirit. Articles will address each area.



Health Records Access

Have you ever been frustrated by your lack of access to your own medical records? I have on many occasions. Here is what I have found that works for me and a few comments on records that are still inaccessible to me. Prices are in Canadian dollars for Ontario at the date of revision to this article. Arranged alphabetically.

Dexcom Clarity, Follow and G6 1-844-832-1810

www.dexcom.com/en-CA

Access to the continuous glucose monitoring from compatible Dexcom CGM and G6 glucose monitoring devices. You can share information with your doctor's office after they create an account in Dexcom Clarity.

You must create an account.

Dynacare Plus

www.dynacareplus.com

Annual subscription fee \$9.99/year plus tax.

Access to blood tests, urine tests,

You must create an account with the code given to you at the time of a test being done at their lab. They do not automatically give you the code, you have to ask for it. You can only access your reports from the date that you create your account. You cannot access results prior to that date.

In-home blood collection available. Fee varies by criteria.

LibreView by Abbott

www.libreview.com 1-855-450-3563

No annual subscription fee.

Access to the cloud based diabetes management system and reports from compatible FreeStyle Libre glucose monitoring devices. It also reports on the blood ketone test strips. You add your doctors offices practice ID issued by Abbott to your account for them to see your records in the cloud.

You must create an account.

LifeLabs

www.mycarecompass.lifelabs.com 1-877-849-3637 Ontario

No annual subscription fee.

Access to blood tests, urine tests,

You can also book appointments and check-in online.

You must create an account with the code given to you at the time of a test being done at their lab. They do not automatically give you the code, you have to ask for it. You can only access your reports from the date that you create your account. You cannot access results prior to that date. The site is grouped by general diagnostic tests, naturopathic tests and genetic tests.

In-home blood collection available. Fee varies by criteria.

myUHN Patient Portal

www.uhn.ca/PatientsFamilies/myUHN 416-340-3777

No annual fee for documentation on the portal. There is a fee for written notes.

Access to lab results back to 2008, pathology and imaging reports and clinic notes back to May 1, 2015. Includes notes from virtual emergency appointments.

You must create an account with a registration code when you check in for your next appointment.

Pocket Health

www.pocket.health/en-US/

Annual subscription fee \$49/year plus tax \$55.37.

Access to imaging reports such as x-ray, CT, MRI, Doppler, NM Bone Density, ultrasound, etc.

You must create an account.

The site does not give you a list of facilities and clinics across North America who are part of the program. You have to enter in the search window your best guess as to the current name of the facility or clinic. For example, York Central Hospital does not show up, you must enter the new name Mackenzie Health. Many hospitals and clinics have reorganized and changed names a number of times so it can take a few tries to find out if the facility you need records from is part of the system. For some hospitals, you can view a copy of your actual imaging such as a mammogram or bone mineral

density but not the reports. It varies by hospital and clinic.

Facilities or clinics that I have not been able to get reports from include: Chatham-Kent Health Alliance, Strathroy-Middlesex General Hospital, Four Counties Health Services – Middlesex Hospital Alliance in Newbury, Royal Victoria Hospital in Barrie, Georgian Cardiology Associates, Centre for Sleep and Chronobiology in Toronto, Hamilton Health Sciences lab work, reports or clinic notes, etc.

I would love to hear from you what other medical record access sites you use, what they give you access to and what their fee is.

Virtual Emergency Department Appointments

Some OHIP funded pilot projects for access to virtual emergency room appointments have been put in place as an alternative to in person emergency room visits.



Toronto Virtual Emergency Department through UHN, Sunnybrook and Unity Health.

https://www.uhn.ca/PatientsFamilies/Visit_UHN/Emergency/Pages/ED_Virtual_Visits.aspx
OHIP covered.

UrgentCareOntario.ca (parts of Southwestern Ontario) through St. Joseph's Healthcare Hamilton, Children's Hospital at London Health Sciences Centre (LHSC) and Hamilton Health Sciences. 1-844-227-3844 OHIP covered.

Many past newsletters are available at [2020 & 2021](#), [2018 & 2019](#) and [2017](#).

**Be healthy 4 lfe,
Cathy Ferren RHN**

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