

INDIVIDUAL SERVICES

Health Assistance

EYE EXAMINATION BY AN OPTOMETRIST (IF NOT INCLUDED IN THE ASSESSMENT)

Refraction (myopia, hyperopia, etc.), keratometry (measuring the corneal curvature), binocular vision (vs. stereoscopic vision), tonometry (intraocular pressure, glaucoma), visual field, corneal topography, retinal exam with dilation, retinal photography.

PHYSICAL FITNESS PROGRAM BY A KINESIOLOGIST

Includes counselling and a personalized training program designed to meet your specific goals.

Option includes three (3) meetings

NUTRITION COUNSELLING

Developing a nutrition plan designed to meet your specific health goals: weight loss, menopause, dyslipidemia, food intolerances, etc.

Option includes four (4) meetings, in person or by phone

STRESS AND MENTAL HEALTH MANAGEMENT

Mental health is an important part of overall health. This option enables you to delve into the difficulties you may be experiencing in your personal and/or professional life.

The session includes a meeting with a psychologist. This person will help you explore ways of dealing with the major issues in your life, thereby helping you to achieve mental well-being and an improved quality of life. You will also have the opportunity to continue the sessions with the same psychologist.

CARE COORDINATION

With the nurse, develop a treatment plan based on the doctor's recommendations and coordinate appointments with the different specialists.

PRESCRIPTION RENEWAL

Telephone prescription renewal, including speaking with the pharmacist where required.

APPOINTMENT WITH GENERAL PRACTITIONER

Follow-up medical exam or emergency appointment

Cancellation fee (cancellation within 24 hours or no-show)

Diagnostic tests

RESTING ELECTROCARDIOGRAM

STRESS ELECTROCARDIOGRAM

Supervised by a cardiologist or other specialist

ABPM

Blood pressure monitoring for 24 hours

HOLTER

Heart rate monitoring

ULTRASOUND

MAGNETIC RESONANCE

NUCLEAR MEDICINE (MIBI)

COLONOSCOPY
