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ᒥᓄᔭᐎᐣᐎᒋᐦᐃᐌᐎᐣ

ᑎᐸᐦᐃᑫᑕᒪᑫᐎᐣ

ᐸᐸᑲᐣ ᑫᑯᓇᐣ ᑫᑭ ᐎᒋᐦᐃᑯᐗᐨ

ᐊᐎᔭᐠ ᑲᔓᑲᐗᐱᓀᐗᐨ

ᐃᑴᓂᐗᐠᐊᐎᔭᐠᑲᔓᑲᐗᐱᓀᐗᐨᒥᐡᑕᐦᐃᒣᑎᓂᑫᐎᓂᓂᐅᑕᔭᓇᐗᐅᔓᑲᐗᐱᓀᐎᓂᐗ

ᐅᒋᐁᐊᐸᒋᑐᐗᐨᐊᐸᒋᑕᐎᓂᓇᐣ,ᒪᐡᑭᑭᓂᑲᔦᐊᑯᓯᐎᐊᐸᒋᒋᑲᓇᐣ ᙮ᐸᐸᑲᐣᑕᑭᐃᔑ

ᐎᒋᐦᐊᑲᓄᐗᐠᐊᐎᔭᐠᐅᒣᑎᓂᑫᐎᓂᓂᐗᐠᐅᒋᑭᐡᐱᐣᐱᑎᑫᓭᐗᐨ ᙮

ᒥᐡᑭᔑᐠ ᐸᒥᒋᑫᐎᐣ ᐎᒋᐦᐃᐌᐎᓂᓇᐣ

ᑲᑎᐸᐦᐃᑫᑕᒪᑫᐨ: Ontario Health Insurance Plan (OHIP)

ᐊᐗᓀᓇᐠ ᑫᐎᒋᐦᐊᑲᓄᐗᐨ? ᑫᑯ ᐎᒋᐦᐃᐌᐎᓂᓇᐣ?

ᐅᑕᑯᓯᐠᓂᑯᑡᓱᒥᑕᓇᓂᔭᓄᔕᑊᑲᔦᐊᐗᔑᒣᑲᑕᓱᐊᐦᑭᐎᓀᐗᐨ,
ᐊᐗᔑᔕᐠᑲᔦᐅᐡᑲᑎᓴᐠᐃᓂᑯᐠᓴᐣᑲᔓᓴᑊᑲᑕᓱᐊᐦᑭᐎᓀᐗᐨ᙮

ᐯᔑᑾᒋᓇᓇᑲᒋᒋᑲᑌᑭᐣᒥᐡᑭᔑᑯᐣᑕᓱᐯᔑᑯᐊᐦᑭᑲᔦᓇᓇᑲᒋᒋᑫᐎᓇᐣ ᑫᐊᓂᓇᑕᐌᐣᑕᑾᑭᐣ᙮

ᐅᑕᑯᓯᐠᓂᔑᑕᓇᐊᑯᓇᐠᓂᑯᑡᓱᒥᑕᓇᓂᐎᔕᑊᑲᑕᓱᐊᐦᑭᐎᓀᐗᐨᐁᑾᓇᐣᑕ ᐅᑴᓂᐗᐣᐊᑯᓯᐎᓂᓇᐣᑲᐊᔭᐗᐨ:ᐸᐸᑲᐣᒥᐡᑭᔓᑯᐊᑯᓯᐎᓂᓇᐣᑐᑲᐣᐁᑲ
ᑲᔭᓂᐗᐱᓇᓂᐗᐠ,ᐊᑲᐸᐱᐎᐣ,ᒐᑲᑌᐊᐱᔑᓄᐣ,ᐊᑯᓯᐎᐣ,ᑲᐱᑯᐡᑲᐠ
ᐃᔑᓇᒧᐎᐣ,ᑲᔦᑯᑕᑭᔭᐣ᙮

ᑭᒋᒥᐡᑭᔑᑯᓇᓇᑲᒋᒋᑫᐎᐣᒋᑐᑕᑯᔭᐣᐊᐦᐊᐌᐅᐡᑭᔑᑯᒪᐡᑭᑭᐎᓂᓂᓇᐣᑕ
ᒪᐡᑭᑭᐎᓂᓂᒋᑐᑕᐠᑕᓱᐯᔑᑯᐊᐦᑭᐊᔑᐨᑲᔦᑫᐊᓂᔑᓇᑕᐌᐣᑕᑾᐠ
ᐊᐗᔑᒣᓇᓇᑲᒋᐦᐃᑯᐎᐣ᙮

ᐅᑕᑯᓯᐠᐱᑾᐣᑲᑕᓱᐊᐦᑭᐎᓀᐗᐨ᙮ ᑲᐃᔑᓇᑕᐌᐣᑕᑾᐠᒥᐡᑭᔑᐠᐸᒥᒋᑫᐎᐣᐎᒋᐦᐃᐌᐎᓂᓇᐣᐃᐦᐃᒪᒪᐡᑭᑭᑲᐠ

ᐁᑾᒋᑾᔭᑎᓇᒥᐗᐨᒪᐡᑭᑭᐎᓂᓂᐗᐠᐅᑴᓂᐗᐣᐎᒋᐦᐃᐌᐎᓂᓇᐣ᙮

ᑫᑲᓄᓇᐨ:

• ᐅᑭᒪᐎᐣServiceOntarioᑲᐃᒋᑲᑌᐠ: 1-800-268-1154 (ᐁᑲᑲᑎᐸᐦᐃᑲᑌᐠᒪᒋᑭᑐᐎᐣᐅᐦᐅᒪᐊᐣᑌᕒᐃᔪᐁᑕ)᙮ᐃᐦᐃᒪᑕᕒᐅᐣᑐ: 416-314-5518
• ᒋᐗᐸᑕᒪᐣᐃᐦᐃᒪᒪᒪᑕᐗᐱᑯᐠwww.health.gov.on.ca/english/public/pub/ohip/eyecare.html

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ᒥᓄᔭᐎᐣᐎᒋᐦᐃᐌᐎᐣ-ᐸᐸᑲᐣᑫᑯᓇᐣᑫᑭᐎᒋᐦᐃᑯᐗᐨᐊᐎᔭᐠᑲᔓᑲᐗᐱᓀᐗᐨ

ᒪᐡᑭᑭᐣ ᑲᔦ ᐊᐸᒋᑕᐎᓂᓇᐣ

ᑲᑎᐸᐦᐃᑫᑕᒪᑫᐨ: ᐅᑭᒪᐎᐣ ᑲᐱᒧᑐᐨ ᒥᓄᔭᐎᐣ ᑲᔦ ᑭᓋᑲᐡ ᐸᒥᒋᑫᐎᐣ, ᐊᐣᑌᕒᐃᔪ ᒪᐡᑭᑭᐣ ᐅᓇᒋᑫᐎᐣ

(Ministry of Health and Long-Term Care), Ontario Drug Benefit Plan (ODB))

ᐊᐗᓀᓇᐠ ᑫᐎᒋᐦᐊᑲᓄᐗᐨ? ᑫᑯ ᐊᐸᒋᑕᐎᓂᓇᐣ?

ᐅᑕᑯᓯᐠᐅᑭᒪᐎᓂᓂᐠᑲᐅᒋᐊᔕᒪᑲᓄᐗᐨᑲᔦᐃᑴᓂᐗᐠ
ᓂᑯᑡᓱᒥᑕᓇᓂᔭᓄᔕᑊᑲᔦᐊᐗᔑᒣᑲᑕᓱᐊᐦᑭᐎᓀᐗᐨ᙮

ᔓᑲᐗᐱᓀᐎᐣᐊᐸᒋᑕᐎᓂᓇᐣᐊᔑᐨᑲᔦᑫᑲᐟᑲᑭᓇᑲᐃᔑ ᐸᐸᑲᓂᓇᑾᑭᐣᔓᑲᐗᐱᓀᐎᒪᐡᑭᑭᐣᑲᔦᑲᑯᒋᐸᓂᒋᑲᑌᑭᐣᒪᐡᑭᑭᐣ

(ᑲᓂᓯᓭᐗᐨᔓᑲᐠ(hypoglycemics),ᑲᔦᒥᐢᑶᓇᓇᑲᒋᒋᑫᐎᐣ
ᐯᐸᓀᓴᐣ(blood testing strips)᙮

ᒋᑭᑫᐣᑕᒪᐣ:ᑭᐡᐱᐣᓂᑯᑡᓱᒥᑕᓇᓂᔭᓄᔕᑊ(65)ᑲᔦᐊᐗᔑᒣᑕᓱᐊᐦᑭᐎᓀᔭᐣ,ᑲᔦᐊᐸᒋᑐᔭᐣᐊᐣᑌᕒᐃᔪᐅᑭᒪᐎᐣᒪᐡᑭᑭᐎᐎᒋᐦᐃᐌᐎᐣ(ODB)ᑲᔦᑕᓱ ᐊᐦᑭ$16,018ᓇᐣᑕᐊᐗᔑᒣᔓᓂᔭᑫᔭᐣ(ᓇᐣᑕᑭᐣᐁᑾᑭᐎᒋᐗᑲᐣᒪᒪᐤ$24,175ᓇᐣᑕᐊᐗᔑᒣᔓᓂᔭᑫᔦᐠ),ᑲᑎᐸᐦᐃᑫᔐᒪᐠ$100ᑕᔀᐱᐠᑕᓱᐊᐦᑭ᙮ ᐊᐱᐣᑕᐡ,ᑲᐊᓂᑎᐸᐦᐃᑫᐊᑯᓇᐠ$6.11ᑲᐃᔑᐸᐯᔑᑯᐗᑭᐣᑭᒪᐡᑭᑭᒪᐣ᙮ᑭᐡᐱᐣᐸᑭᑲᔦᐁᑲᐊᐗᔑᒣ$16,018ᔓᓂᔭᑫᔭᐣᑕᓱᐊᐦᑭᓇᐣᑕᐁᑲᐊᐗᔑᒣ $24,175ᔓᓂᔭᑫᔦᐠᑕᓱᐊᐦᑭᑭᐣᐁᑾᑭᐎᒋᐗᑲᐣ,ᑲᐎᐣᑕᑲᐨᑲᑎᐸᐦᐃᑫᓯᐣᑲᔦᓂᔡᐱᐠᐁᑕᑲᑎᐸᐦᐊᐣᒪᐡᑭᑭᐎᑎᐸᐦᐃᑫᐎᐣ᙮

ᐊᐸᒋᑕᐎᓇᐣᑫᑭᐊᐸᒋᒋᑲᑌᑭᐣᔓᑲᐗᐱᓀᐎᓂᓂᐠᐃᐦᐃᒪᐊᐣᑌᕒᐃᔪᐅᑭᒪᐎᐣᒪᐡᑭᑭᐎᐎᒋᐦᐃᐌᐎᓂᓂᐠ(ODB)ᑲᐃᔑᑭᑭᓋᒋᐱᐦᐃᑲᑌᑭᐣᐊᓂ ᒪᓯᓇᐦᐃᑲᑌᐗᐣ:
• ᑲᑯᒋᐸᓂᒋᑲᑌᑭᐣᔓᑲᐗᐱᓀᐎᒪᐡᑭᑭᐣ(Oral antidiabetic agents)
• ᔓᑲᐗᐱᓀᐎᒪᐡᑭᑭᐣᑲᒋᐡᑕᐦᐅᑎᓯᓇᓂᐗᐠ(Insulins)
• ᒥᐢᑶᓇᓇᑲᒋᒋᑫᐎᐣᐯᐸᓀᓴᐣ(Testing strips)

ᑫᑲᓄᓇᐨ:
• ᐃᔑᑭᑎᐣᐃᐦᐃᒪᐊᐊᔑᔑᐎᐅᑭᒪᐎᓂᓂᐠᒋᓇᓇᑕᐎᑭᑫᐣᑕᒪᐣᑭᐡᐱᐣᑫᑭᑎᐸᐦᐃᑫᑕᒪᑯᐗᓀᐣ᙮ᓇᓇᑕᐎᑭᑫᐣᑕᐣᐊᐣᑎᐁᐃᔑᐊᔭᐠᐊᐗᔑᔑᐎᐅᑭᒪᐎᐣᐃᐦᐃᒪ  ᐃᓀᑫᑲᐃᔑᔭᔭᐣ,ᒪᒪᑕᐗᐱᑯᐠᐃᓇᐱᐣᑲᔦ:www.mcss.gov.on.ca/en/mcss/regionalMap/regional.aspx

• ᑭᒪᐡᑭᑭᐎᐅᓂᐸᑭᑎᓇᒪᑫᐊᓄᑭᓇᑲᐣ

• ᑲᓇᐗᐸᑕᐣᒪᒪᑕᐗᐱᑯᐠwww.health.gov.on.ca/english/providers/program/drugs/odbf_mn.html

ᑲᑎᐸᐦᐃᑫᑕᒪᑫᐨ: ᐅᑭᒪᐎᐣ ᑲᐱᒧᑐᐨ ᒥᓄᔭᐎᐣ ᑲᔦ ᑭᓋᑲᐡ ᐸᒥᒋᑫᐎᐣ, ᑎᕒᐃᓬᐃᐊᒼ ᒪᐡᑭᑭᐎ ᐱᒥᐎᒋᑫᐎᐣ (Trillium Drug Program)

ᐊᐗᓀᓇᐠ ᑫᐎᒋᐦᐊᑲᓄᐗᐨ? ᑫᑯ ᐊᐸᒋᑕᐎᓂᓇᐣ?

ᐃᑴᓂᐗᐠᐅᑕᑯᓯᐠᒥᐡᑕᐦᐃᑲᐃᓇᑭᑌᓂᑭᐣᐅᒪᐡᑭᑭᒥᐗᐣᐊᐱᒋᐎᐣᐃᓂᑯᐠ
ᑲᔓᓂᔭᑫᐗᐨᐃᐦᐃᒪᐯᔑᑯᐊᐦᑭ᙮ᑲᓇᑕᐌᐣᑕᑯᐢᓂᑲᐣᒋᑎᐸᐦᐃᑫᔭᐣ,ᐁᑾ
ᓂᐗᑲᑎᐸᐦᐃᑫᐃᐦᐃᒪᐯᔑᑯᐊᐦᑭ,ᐎᐊᐸᒋᑐᔭᐣᐅᐦᐅᐌᐎᒋᐦᐃᐌᐎ
ᐱᒥᐎᒋᑫᐎᐣ᙮ᐱᓇᒪᓇᐱᐗᐗᐸᒋᑲᑌᐗᐣᒥᓂᑯᐠᑲᒪᒪᐤᔓᓂᔭᑫᔭᐠᐃᐦᐃᒪ
ᑭᐗᑲᐦᐃᑲᓂᓂᐠᐁᒶᔦᐅᓀᐣᒋᑲᑌᐠᒥᓂᑯᐠᑫᑎᐸᐦᐃᑫᔭᐣ᙮

ᔓᑲᐗᐱᓀᐎᐣᐊᐸᒋᑕᐎᓂᓇᐣᐊᔑᐨᑲᔦᑫᑲᐟᑲᑭᓇᑲᐃᔑ
ᐸᐸᑲᓂᓇᑾᑭᐣᔓᑲᐗᐱᓀᐎᒪᐡᑭᑭᐣᑲᔦᑲᑯᒋᐸᓂᒋᑲᑌᑭᐣᒪᐡᑭᑭᐣ

(ᑲᓂᓯᓭᐗᐨᔓᑲᐠ),ᑲᔦᒥᐢᑶᓇᓇᑲᒋᒋᑫᐎᐣᐯᐸᓀᓴᐣ᙮

ᑫᑲᓄᓇᐨ:
• ᑫᐃᔑᑭᑎᔭᐣ1-800-575-5386
• ᑲᓇᐗᐸᑕᐣᒪᒪᑕᐗᐱᑯᐠᐅᐦᐅᐌhttp://health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx

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ᑲᑎᐸᐦᐃᑫᑕᒪᑫᐨ: ᐅᑭᒪᐎᐣ ᑲᐱᒧᑐᐨ ᒥᓄᔭᐎᐣ ᑲᔦ ᑭᓋᑲᐡ ᐸᒥᒋᑫᐎᐣ, ᐎᒋᐦᐃᐌᐎ ᐊᐸᒋᑕᐎᓂᓇᐣ ᐱᒥᐎᒋᑫᐎᐣ (Assistive Devices Program (ADP))

ᐊᐗᓀᓇᐠ ᑫᐎᒋᐦᐊᑲᓄᐗᐨ? ᑫᑯ ᐊᐸᒋᑕᐎᓂᓇᐣ?

ᐅᑕᑯᓯᐠᓂᑯᑡᓱᒥᑕᓇᓂᔭᓄᔕᑊᑲᔦᐊᐗᔑᒣᑲᑕᓱᐊᐦᑭᐎᓀᐗᐨᑲᐊᐸᒋᑐᐗᐨ
ᔓᑲᐗᐱᓀᐎᒪᐡᑭᑭᓂᑲᒋᐡᑕᐦᐅᑎᓯᐗᐨᑕᓱᑭᔑᑲ᙮

$170ᑕᔀᐱᒥᑴᓇᓂᐗᐣᑕᓱᐊᐦᑭ,ᒋᐊᑕᐌᓇᓂᐗᐠᔕᐳᓂᑲᓇᐣᑲᔦ
ᒋᐡᑕᐦᐃᑫᐎᐊᐸᒋᑕᐎᓂᓇᐣᑲᐊᐸᒋᒋᑲᑌᑭᐣᑲᒋᐡᑕᐦᐅᑎᓯᓇᓂᐗᐠ᙮

ᐊᐗᔑᔕᐠ,ᐅᐡᑲᑎᓴᐠ,ᐁᑾᑭᒋᔭᐦᐊᐠᑐᑲᐣᐯᔑᐠᔓᑲᐗᐱᓀᐎᓂᓂᑲᐊᔭᐗᐨ ᑲᔦᑲᓇᑭᐡᑲᒥᐗᐨᐱᒥᐎᒋᑫᐎᐣᐅᓇᒋᑫᐎᓂᓇᐣᑫᑭᐅᒋᐱᑎᑫᓭᐗᐸᐣ᙮ ᓇᑕᐌᐣᑕᑾᐣᒋᓇᓇᑲᒋᐦᐃᑯᔭᐣᑲᔦᒋᐗᐸᒥᑯᔭᐣᐃᐦᐃᒪᔓᑲᐗᐱᓀᐎᐣ ᑭᑭᓄᐦᐊᒪᑫᐎᐣᐱᒥᐎᒋᑫᐎᓂᓂᐠ᙮

ᐅᑕᑯᓯᐠᑲᐱᑎᑫᓭᐗᐨᐅᑲᐱᒥᓇᓇᑯᑐᓇᐗᐁᓇᑭᐡᑲᒥᐗᐨᐅᓇᒋᑫᐎᓂᓇᐣ ᑫᑭᐅᒋᐱᑎᑫᓭᐗᐸᐣ᙮

• ᒥᓭᐌᑎᐸᐦᐃᑲᑌᐃᐦᐃᐌᔓᑲᐗᐱᓀᐎᒪᐡᑭᑭᐎᒪᑯᒋᓂᑲᐣ ᑲᒪᓯᓇᐦᐃᑲᑌᐠᐃᐦᐃᒪᐱᒥᐎᒋᑫᐎᓂᓂᐠ,ᐁᑾ$6,300 ᑕᐃᓇᑭᑕᒶᑲᓄᐅᑕᑯᓯ᙮

• ᔓᓂᔭᑲᑎᐸᐦᐃᑲᑌᐠᐅᐦᐅᐌᒪᑯᒋᓂᑲᐣᑕᓱᓂᔭᓄᐊᐦᑭᐣᓇᐱ ᒥᑾᓂᐗᐣ,ᑭᐡᐱᐣᐁᑲᑾᔭᐠᐊᓄᑭᓭᐠᒪᑯᒋᓂᑲᐣ᙮

• ᑕᓱᐊᐦᑭᑾᔭᑎᓇᑲᓄ$2,400ᑕᔀᐱᐠᒋᑎᐸᐦᐃᑲᑌᑭᐣᑯᑕᑭᔭᐣ ᐊᐸᒋᑕᐎᓂᓇᐣ,ᓂᐗᑎᐱᓇᐌᑎᐸᐦᐊᒪᐗᑲᓄᐅᑕᑯᓯᓇᐣᑕᑲᔦ
ᐅᑐᐊᔭᒥᑕᒪᑫᐣ,$600ᑕᔀᐱᐠᑕᔀ᙮ᐊᐦᐊᐌᔓᓂᔭ ᑕᐃᓇᐸᒋᐦᐊᑲᓄᒋᐊᑕᐌᐨᐅᑕᑯᓯᐃᑴᓂᐗᐣᐊᐸᒋᑕᐎᓂᓇᐣ
ᑫᓇᑕᐌᐣᑕᐠᒋᐊᓄᑭᓭᓂᐠᐅᒪᑯᒋᓂᑲᐣᐁᑾᑕᓱᐊᐦᑭᓇᐱ
ᒥᑾᓂᐗᐣᔓᓂᔭ᙮

ᑫᑲᓄᓇᐨ:

• ᐎᒋᐦᐃᐌᐎᐣᐊᐸᒋᑕᐎᓂᓇᐣᐱᒥᐎᒋᑫᐎᐣ:ᑫᐃᔑᑭᑎᔭᐣ(Assistive Devices Program): 1-800-268-6021(ᐁᑲᑲᑎᐸᐦᐃᑲᑌᐠᒪᒋᑭᑐᐎᐣᐅᐦᐅᒪ  ᐊᐣᑌᕒᐃᔪᐁᑕ)᙮ᐃᐦᐃᒪᑕᕒᐊᐣᑐ:ᐃᔑᑭᑐᐣ416-327-8804

ᑲᑎᐸᐦᐃᑫᑕᒪᑫᐨ:ᐅᑭᒪᐎᐣ ᑲᐱᒧᑐᐨ ᒥᓄᔭᐎᐣ ᑲᔦ ᑭᓋᑲᐡ ᐸᒥᒋᑫᐎᐣ, ᐎᒋᐦᐃᐌᐎ ᐊᐸᒋᑕᐎᓂᓇᐣ ᐱᒥᐎᒋᑫᐎᐣ (ADP), ᑲᐱᒧᑐᐨ ᑲᓇᑕ ᔓᑲᐗᐱᓀᐎᐣ ᐅᑕᓄᑭᑕᒪᑫ (Canadian Diabetes Association)

ᐊᐗᓀᓇᐠ ᑫᐎᒋᐦᐊᑲᓄᐗᐨ? ᑫᑯ ᐊᐸᒋᑕᐎᓂᓇᐣ?

ᑲᐱᑎᑫᓭᐗᐨᐅᑕᑯᓯᐠᑲᐊᐸᒋᑐᐗᐨᔓᑲᐗᐱᓀᐎᐣᒪᐡᑭᑭᐣ
ᑲᒋᐡᑕᐦᐅᑎᓯᓇᓂᐗᐠᓇᐣᑕᑭᑭᐡᑲᐗᐗᓱᐎᐣᔓᑲᐗᐱᓀᐎᐣ᙮

• ᑫᑲᐟᒥᓯᐌᑲᐃᓇᑭᑌᐠ(75%)ᐃᐦᐃᐌᒥᐢᑶᓇᓇᑲᒋᒋᑫᐎ
ᐊᐸᒋᑕᐎᐣᐊᑯᓇᐠ$75ᑕᔀᐱᐠ,ᓇᐣᑕᑫᑲᐟᒥᓯᐌᑲᐃᓇᑭᑌᐠ (75%)ᐃᐦᐃᐌᑲᓇᓄᑕᑯᓯᒪᑲᐠᒥᐢᑶᓇᓇᑲᒋᒋᑫᐎᐊᐸᒋᑕᐎᐣ ᐊᑯᓇᐠ$300ᑕᔀᐱᐠ᙮ᐯᔑᑾᑕᓱᓂᔭᓄᐊᐦᑭᐅᑕᑯᓯᐠᐅᑲᑭ ᑌᐱᓇᓇᐗᐅᐦᐅᐌᓂᔓᓂᔭᐎᐎᒋᐦᐃᐌᐎᓂᓂ᙮

• ᑫᑲᐟᒥᓯᐌᑲᐃᓇᑭᑌᑭᐣ(75%)ᐃᑴᓂᐗᐣᒋᐡᑕᐦᐃᑲᓇᐣᑲᔦᒥᐢᑶ ᓇᓇᑲᒋᒋᑫᐎᐯᐸᓀᓴᐣᐊᑯᓇᐠ$820ᑕᓱᐊᐦᑭ᙮

ᑫᑲᓄᓇᐨ:

• ᑲᓇᑕᔓᑲᐗᐱᓀᐎᐣᐊᓄᑭᑕᒪᑫᐎᐣ:1-800-361-0796

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ᒥᓄᔭᐎᐣᐎᒋᐦᐃᐌᐎᐣ-ᐸᐸᑲᐣᑫᑯᓇᐣᑫᑭᐎᒋᐦᐃᑯᐗᐨᐊᐎᔭᐠᑲᔓᑲᐗᐱᓀᐗᐨ

ᒥᒋᒼ ᐅᑐᓇᑕᒪᑫᐠ

ᒥᒋᒼᐅᑐᓇᒋᑫᐠᐃᐦᐃᒪᔓᑲᐗᐱᓀᐎᐣᑭᑭᓄᐦᐊᒪᑫᐎᑲᒥᑯᐠ(Diabetes Education Centres) ᑲᐃᔑᐊᓄᑭᐗᐨᐸᐸᑲᐣᑕᔑᑫᐎᐱᒥᐸᒥᒋᑫᐎᑲᒥᑯᐣ ᑎᐸᐦᐃᑲᓭᐗᐠᐃᐦᐃᒪᐊᐣᑌᕒᐃᔪᒥᓄᔭᐎᐣᑎᐸᐦᐃᑫᑕᒪᑫᐎᐣᐅᓇᒋᑫᐎᐣ(OHIP)᙮ᓇᐣᑕᑲᔦᐃᐣᔓᕒᐊᐣᐢᑎᐱᓇᐌᑲᑎᐸᐦᐃᑫᑕᒪᐠᑭᐡᐱᐣᐊᐦᐊᐌᒥᒋᒼ ᐅᑐᓇᒋᑫᑲᐊᓄᑭᑕᒪᓯᐨᐗᐸᒪᐨ᙮ᑲᓄᐨᐊᐦᐊᐌᐃᐣᔓᕒᐊᐣᐢᑭᑾᔭᑎᓇᒪᑫ᙮ᐎᑭᑫᐣᑕᒪᐣᐊᐣᑎᐁᐃᔑᐊᑌᐠᐃᐦᐃᐌᔓᑲᐗᐱᓀᐎᐣᑭᑭᓄᐦᐊᒪᑫᐎᑲᒥᐠᓇᐣᑕ ᐊᐦᐊᐌᒥᒋᒼᐅᑐᓇᒋᑫᑲᐊᓄᑭᑕᒪᓯᐨᐎᐗᐸᒪᐨ.ᐃᔑᑭᑐᐣᐃᐦᐃᒪᐊᑭᑕᓯᓂᓂᐠᑲᐊᓂᒪᓯᓇᐦᐃᑲᑌᐠᓇᐣᑕᐃᓇᐱᐣᒪᒪᑕᐗᐱᑯᐠ᙮

ᑫᑲᓄᓇᐨ:

• ᒥᒋᒼᐅᑐᓇᑕᒪᑫᑲᐊᓄᑭᑕᒪᓯᐨ,ᐃᔑᑭᑎᐣᐅᐦᐅᒪ1-877-510-510-2
• ᑲᓇᐗᐸᑕᐣᐃᐦᐃᒪᒪᒪᑕᐗᐱᑯᐠwww.ontario.ca/eatright

ᒥᓯᐟ ᐸᒥᒋᑫᐎᐣ

ᑲᑎᐸᐦᐃᑫᑕᒪᑫᐨ: ᐊᐣᑌᕒᐃᔪ ᒥᓄᔭᐎᐣ ᑎᐸᐦᐃᑫᑕᒪᑫᐎᐣ ᐅᓇᒋᑫᐎᐣ (Ontario Health Insurance Plan (OHIP))

ᐊᐗᓀᓇᐠ ᑫᐎᒋᐦᐊᑲᓄᐗᐨ? ᑫᑯ ᐊᐸᒋᑕᐎᓂᓇᐣ?

ᐊᐎᔭᐠᐅᐦᐅᒪᐊᐣᑌᕒᐃᔪᑲᐃᔑᔭᐗᐨ

ᒪᐡᑭᑭᐎᓂᐗᐠᑲᓇᓇᑲᒋᐦᐊᐗᐨᐊᐎᔭᐣᑲᔓᑲᐗᐱᓀᓂᐨ,ᐊᔑᐨᑲᔦ
ᒥᓯᑕᐣᑲᓇᓇᑲᒋᒋᑲᑌᑭᐣ᙮ᐊᐣᑌᕒᐃᔪᒥᓄᔭᐎᐣᑎᐸᐦᐃᑫᑕᒪᑫᐎᐣ
ᐅᓇᒋᑫᐎᐣᐊᐣ(OHIP)ᑲᐎᐣᒋᑎᐸᐦᐊᑭᐣᑲᑭᐡᑭᑲᔑᐦᐊᑲᓄᐨᐊᐎᔭ
ᐅᓂᓯᑭᓯᑕᓂᐠ᙮

ᑫᑲᓄᓇᐨ:

• ᐎᒋᐦᐃᐌᐎᐣᐊᐣᑌᕒᐃᔪ(ServiceOntario): 1-800-268-1154 (ᐁᑲᑲᑎᐸᐦᐃᑲᑌᐠᒪᒋᑭᑐᐎᐣᐅᐦᐅᒪᐊᐣᑌᕒᐃᔪᐁᑕ).ᐃᐦᐃᒪᑕᕒᐊᐣᑐ: 416-314-5518

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