

Understanding Changes to OHIP Coverage of Vitamin D Testing – Frequently Asked Questions

Who will be covered by OHIP for vitamin D testing?

The government will continue to cover the cost of vitamin D testing for people with certain medical conditions. However, as of December 1, 2010, vitamin D testing of the general population is not covered by OHIP. A recent review of the best available medical evidence showed that vitamin D testing in healthy Ontarians is not appropriate or medically necessary. The review encouraged Ontarians to follow Health Canada's guidelines for a healthy diet and vitamin D supplementation.

For what conditions is the cost of vitamin D testing covered?

OHIP will cover the cost of testing if you have one of the following medical conditions: Osteoporosis, Rickets, Osteopenia, Malabsorption Syndromes and Renal Disease.

OHIP will also fund testing for Ontarians who are on medication that affects vitamin D metabolism.

How do I find out if OHIP will cover my vitamin D test?

You should see your health care provider to determine whether you require vitamin D testing, and if you would be eligible for an insured vitamin D test.

I think I'm vitamin D deficient; don't I need to get tested to find out?

It is important to discuss vitamin D supplementation with your health care provider. Your health care provider is in the best position to give advice about vitamin D, healthy eating, and how to properly supplement your diet.

How much should I supplement if I don't know my vitamin D levels?

It is important to talk to your health care provider about your individual health care needs. Your health care provider is in the best position to determine proper supplementation and dietary intake.

Health Canada provides recommendations on supplementation levels for generally healthy individuals and you may also wish to contact Eat Right Ontario, a website and contact centre staffed by qualified registered dietitians, which provides information to the general public and health professionals.

What if I want this test anyway?

If you are ineligible for coverage, your health care provider can still order it for you, but you will be responsible for the cost of the test.

What can I do to increase my vitamin D levels?

Health Canada has made a number of easy-to follow recommendations on this. Just go to the Canada Food Guide and Vitamin D supplementation page on the Health Canada's website at <http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php>. You can also visit Eat Right Ontario's website at <http://www.eatrightontario.ca/en/ViewDocument.aspx?id=218&Topic=7&Cat=379>

Why doesn't Ontario think that vitamin D testing is important enough to insure for everyone?

A review of the scientific evidence conducted by the Ontario Health Technology Advisory Committee has determined that the need for vitamin D testing in the general population is not supported by medical evidence. We are working to ensure that we invest in procedures that are medically necessary and benefit patients based on the best available medical evidence.